

Differentiating the 3 D's; Delirium, Dementia & Depression

1. Our health care system is becoming increasingly more integrated and easier to navigate. True or False?
2. Which of the following is not a cause of Delirium?
 - a) Drug reaction
 - b) Infection
 - c) Sensory overload
 - d) Ankle swelling
3. Dementia commonly affects which of the following:
 - a) Short term memory
 - b) Speech patterns
 - c) Mood Patterns
 - d) Sleep

Answer choices:

 1. (a), (b) and (c)
 2. (a) and (c)
 3. (a) only
 4. All of the above
4. Alzheimer's dementia is the _____ cause of dementia.
 - a) second most common
 - b) third most common
 - c) leading
 - d) none of the above
5. What is the average duration of Alzheimer's disease?
 - a) 5 years
 - b) 8 years
 - c) 10 years
 - d) 20 years
6. Which is a genetic risk factor for Alzheimer's disease?
 - a) Prions
 - b) APOE2
 - c) Neurofibrillary tangles
 - d) APOE4
7. Which part of the brain is affected in those with dementia?
 - a) Cerebellum
 - b) Amygdala
 - c) Frontal lobes
 - d) Brain Stem

8. What are risk factors for developing delirium?
- Hospitalizations
 - Sleep deprivation
 - Untreated pain
 - All of the above
9. What is the best response to an agitated person with dementia who is crying and looking for their deceased mother?
- Your mother has been dead for many years
 - You are 90 years of age, your mother couldn't possibly be alive
 - I am sorry to see you so sad - you must miss mother very much - tell me about her
 - None of the above
10. What measures can be taken to reduce the risk of Delirium?
- Treating pain effectively
 - Diagnosing and treating infections early
 - Decreasing polypharmacy
 - All of the above
11. A 65 year old woman has been brought to her doctor for decreased self-care, social isolation and worsening memory problems which has been getting progressively worse over the past 6 months and which she seems unperturbed by. Which is the most likely cause?
- Depression
 - Dementia
 - Delirium.
 - Pseudodementia
12. Depression is a natural part of aging. True or False?
13. Treatments for depression include all of the following except:
- Psychotherapy
 - Anti-depressant medications
 - Electro-convulsive treatment
 - Intra-cranial shunts
14. Pseudodementia is a dementia that is due to an untreated functional disease. Which is a cause of pseudodementia?
- (a)Vascular dementia
 - (b) Depression
 - (c) Alzheimer's disease
 - (d) All of the above
15. Dementia, depression and delirium can sometimes overlap. True or False?