

Differentiating Among the 3 Ds			
	Depression	Dementia	Delirium
<b>Symptoms</b>	<ul style="list-style-type: none"> <li>• Apathy</li> <li>• Anhedonia</li> <li>• Depressed mood</li> <li>• Poor energy</li> <li>• Somatic concerns, fatigue, malaise</li> </ul>	<ul style="list-style-type: none"> <li>• Irreversible cognitive changes that interfere with ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• Acute waxing and waning sensorium</li> <li>• Inattention</li> </ul>
<b>Time Course</b>	<ul style="list-style-type: none"> <li>• At least two weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Months to years</li> </ul>	<ul style="list-style-type: none"> <li>• Days to weeks</li> </ul>
<b>Screening</b>	<ul style="list-style-type: none"> <li>• Geriatric Depression Scale</li> </ul>	<ul style="list-style-type: none"> <li>• MoCA</li> <li>• MMSE</li> <li>• SLUMS</li> </ul>	<ul style="list-style-type: none"> <li>• CAM</li> </ul>
<b>Recommended Labs</b>	<ul style="list-style-type: none"> <li>• CBC</li> <li>• Comprehensive metabolic panel (CMP)</li> <li>• Folate</li> <li>• RPR</li> <li>• TSH</li> <li>• Vit B<sub>12</sub></li> </ul>	<ul style="list-style-type: none"> <li>• CBC</li> <li>• CMP</li> <li>• Folate</li> <li>• RPR</li> <li>• TSH</li> <li>• Vit B<sub>12</sub></li> <li>• Vit D</li> </ul>	<ul style="list-style-type: none"> <li>• Blood alcohol level</li> <li>• CBC</li> <li>• CMP</li> <li>• Folate</li> <li>• TSH</li> <li>• Urinalysis</li> <li>• Urine drug screen</li> <li>• Vitamin B<sub>12</sub></li> </ul>
<b>Neuroimaging</b>	<ul style="list-style-type: none"> <li>• Brain MRI if concern for vascular depression</li> </ul>	<ul style="list-style-type: none"> <li>• Brain MRI</li> </ul>	<ul style="list-style-type: none"> <li>• CT head if focal neurological symptoms</li> </ul>
<b>Common Pharmacologic Treatment</b>	<ul style="list-style-type: none"> <li>• Antidepressants</li> </ul>	<ul style="list-style-type: none"> <li>• Cholinesterase inhibitors</li> <li>• Melatonin or ramelteon</li> <li>• Memantine</li> </ul>	<ul style="list-style-type: none"> <li>• Antipsychotics for agitation</li> <li>• Melatonin or ramelteon</li> </ul>
<b>Nonpharmacologic Treatment</b>	<ul style="list-style-type: none"> <li>• Cognitive behavioral therapy</li> <li>• ECT</li> <li>• Interpersonal therapy</li> <li>• Problem solving therapy</li> <li>• TMS</li> </ul>	<ul style="list-style-type: none"> <li>• Caregiver support</li> <li>• Problem-solving therapy</li> <li>• Psychosocial interventions</li> </ul>	<ul style="list-style-type: none"> <li>• Frequent reorientation</li> <li>• Maintaining sleep-wake cycle</li> </ul>

From the Article:  
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 by **Rachel Meyen, MD**

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