



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

The Differences Between the 3Ds – Delirium, Dementia & Depression

13 – 15 March 2024

Introduction

Elderly patients above 65 occupy more than half of the beds in any hospital nowadays and are likely to increase in number as Singapore's population ages. The 3Ds, delirium, dementia and depression, are common among the elderly patients in the hospital and are often not properly diagnosed. The 3Ds can occur singly or in combination at the same time, they share similar features and having one of the three conditions increases the risk of a person developing the other two conditions. Most importantly, hospital associated complications like fall occur among the elderly with 1 or more of the 3Ds. Being hospitalised can trigger one and lead to the other 2Ds.

Course Objectives

This course aims to enable participants to:

- Recognise the features of the 3Ds
- Differentiate between the 3Ds
- Learn about possible mis-diagnosis
- Diagnose which of the 3Ds patients have
- Learn to manage the elderly patients who have one/two or all of the 3Ds

Course Outline

Day 1

- Clinical features, signs and symptoms of the 3Ds
- Case illustration and discussion among the participants

Day 2

- Management strategies for each of the 3Ds and the long-term prognosis and outcome of the 3Ds
- Case presentation and discussion among the participants

Day 3

- Manage the behavioural symptoms of the 3Ds, using non-pharmacological method
- Apply Person Centred Care (PCC) approach in managing the behavioural symptoms
- Apply pharmacological approach to management of behavioural symptoms

Registration

To register (*internet access is required*), scan the QR code or click on the web link. Registration closes on **26 February 2024, Monday**. (**Extended to 6 March 2024, Wednesday**)



<https://form.gov.sg/65a9651068ea8b00118a578d>

Upon registration, you agree to the [Terms & Conditions](#) of PGAHI.

Quick Links

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Course Details

Date	: 13 - 15 March 2024, Wednesday - Friday
Time	: 9.00 am – 12.00 pm
Duration	: 3 sessions (3 hours per session)
Class size	: 30 pax
Device required	: Laptop / Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee per pax	: S\$500 (SingHealth) S\$560 (Regular) (inclusive of prevailing rate of GST)

Target Audience

Healthcare Professionals, Allied Health and Nursing Professionals

Teaching Faculty



Adjunct Associate Prof Lim Si Ching
Senior Consultant
Department of Geriatric Medicine
Changi General Hospital

Prof Lim graduated from University of Bristol in 1992. After obtaining her membership from the Royal College of Physician in 1996, she worked as a renal physician in Brunei until 2003 when she and her young family moved to Singapore to start a new career in Geriatric Medicine.

Prof Lim joined SGH in 2006 to set up a new department of Geriatric Medicine and worked with the Orthopaedic surgeons. She returned to CGH in 2013 and has since been heading the Dementia ward in CGH. Her current interest is dementia, especially management of behavioural symptoms of dementia. Prof Lim was also the Geriatrician working with the department of General Surgery taking care of the older peri-operative surgical patients between 2016-2022.

Prof Lim has done a lot of work on promoting inpatient delirium diagnosis and management. She created the Purple tag care bundle, put in a security system to reduce cognitively impaired patients absconding from CGH. She has also developed processes to detect and manage orthostatic hypotension to reduce in-hospital falls. She developed a restraint checklist and care bundle to ensure patients on restraints receive proper care and has a chance to try off restraints daily. She was also involved in initiatives emphasizing on multidisciplinary approach to reduce in-hospital falls.

Prof Lim is one of the co-leads of the dementia taskforce in CGH and holds the Director of Education in the SingHealth Duke-NUS Dementia and Cognitive Disorder Centre (SDDC). Prof Lim is affiliated with NUS, Duke-NUS, LKC medical schools and SUSS. She also lectures at NYP on an ad hoc basis.