

Hypertension Case Study MSN

C.S. is a 40-year-old male who attends a community health screening. He states that he has not seen a health care provider in a “really long time.” He is a truck driver who eats mainly fast food while on the road. He smokes a pack of cigarettes a day “just for something to do during the long hours of driving and to keep me calm.” C.S. is 5 ft., 9 in tall and weighs 230 lb. His BP is 182/104, heart rate 90, respirations 24, and temperature 97.0°F.

1. What risk factors for hypertension does C.S. have?

Risk factors C.S. has are his age and his current smoking status. Alongside, his diet of mostly fast food is a major factor, so excessive dietary sodium would be one as well. Something I almost didn't think of until reading his case a second time would be stress. If he is on the road as a career, that is a lot of stress driving. A lot of people are not great drivers.

2. What clinical manifestations of hypertension would you assess for in C.S.?

The manifestations I would assess for with C.S. are angina, dyspnea, palpitations, fatigue, headaches, dizziness, blurred vision, weakness, anxiety, restlessness, tingling sensation, and SOB.

3. What complications will you assess C.S. for?

Complications I'd assess for are TIA, stroke, MI, renal failure, hypertrophy, aneurysm, metabolic syndrome, nephrosclerosis, retinal damage, and PVD.

C.S. is referred to his health care provider to follow up on his high blood pressure screening.

4. What diagnostic studies might you expect the health care provider to order for C.S.?

Some diagnostic tests I'd expect a health care provider to order is an echo of the heart, EKG/ECG, blood and urine tests, and ambulatory monitoring. I'd want to get his creatinine levels, BUN, serum electrolytes, and glucose.

C.S.'s BP is monitored for several visits and remains elevated. His serum cholesterol, BUN, and creatinine levels are elevated. His creatinine clearance (glomerular filtration rate) is below normal, demonstrating renal insufficiency.

5. What type of lifestyle modifications would you recommend for C.S. to control his BP?

I would recommend a better diet (more fruits, veggies, whole grains), more exercise, avoiding caffeine, and limiting alcohol. Also, limiting intake of red meats, frozen foods, and sugary or salty foods. Cutting back on foods that are high in cholesterol, trans fats, and saturated fats as well. Stay more hydrated with water. Make sure to get enough sleep and to practice slow, deep breathing. Avoiding tobacco products.