

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?

- **diet (unhealthy foods)**
- **his BP is already elevated**
- **his weight is a risk factor**
- **smoking**
- **at risk for MI**
- **at risk for heart failure**
- **at risk for stroke**
- **being male**

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

- **headache**
- **blurred vision**
- **dizziness**
- **fatigue**
- **palpitations**
- **dyspnea**
- **angina**

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

- **heart failure**
- **CAD (coronary artery disease)**
- **L ventricular hypertrophy**
- **cerebrovascular disease**
- **nephrosclerosis**
- **stroke**

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.?

- **Measure BP**
- **Urinalysis**
- **BUN**
- **Serum Creatinine**
- **Creatinine clearance**
- **Serum electrolytes, glucose**
- **Serum lipid profile**
- **ECG**
- **ABPM**

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?

- **weight loss**
- **smoking cessation**
- **healthier diet (plant based/DASH eating plan)**
- **seeing a health care provider more often**
- **exercise more regularly**

