

## 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 risks factors for hypertension does C.S. have?

Poor diet “mainly fast food” high sodium  
Smoking a pack of cigarettes a day- tobacco use  
Sitting for long hours driving- in active  
BP 182/104- stage 2 hypertension  
Being over weight for his height

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

BP would be assessed first, Dyspnea, Angina, Palpitations, Fatigue, and Dizziness.  
Ask about History of Hypertension

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

CAD, Left ventricular Hypertrophy, Shortness of breath, Nephrosclerosis, Retinal Damage

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.?

Serum lipid profile, ECG, Urinalysis, 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?

Change in diet to a more Mediterranean diet

Encourage exercise and educate him on losing 1kg lowers BP by 1mmHg

Explain the need to exercise 30mins a day for 5 days or anything to get to 150mins of activity a day. Explain if placed on medication that some you may need to be on for the rest of your life and he needs to remember to take them regularly. He needs to listen to his body and how other body systems react can actually be signs of hypertension.