

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?

Diet, smoke a pack a day, overweight, high respiratory rate, and does not have regular health screening.

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

Palpations, dyspnea, fatigue, dizziness, and angina.

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

Coronary artery disease, left ventricular hypertrophy, heart failure, and cerebrovascular disease.

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.?

Measurement of blood pressure, BUN and serum creatine, ECG, and Creatine clearance.

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?

Smoking cessations, dash diet, daily exercise, and sodium restriction.