Hypertension Case Study

MSN

C.S. is a 4o-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?
    - Smokes a pack of cigearettes a day (smoking)
    - Eats mainly fast food (excess dietary sodium)
    - Weighs 230 lbs. (obesity)
    - Long hours of driving (sedentary lifestyle)

2. What clinical manifestations of hypertension would you assess for in C.S.?
    - Fatigue
    - Dizziness
    - Palpitations
    - Angina
    - dyspnea

3. What complications will you assess C.S. for?
    - Peripheral vascular disease
    - 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.?
    - Basic lab studies
    - Measurement of BP
    - Urinalysis
    - BUN and creatinine
    - Serum electrolytes and glucose
    - Serum lipid profile
    - Uric acid levels
    - ECG
    - Echocardiogram
    - Creatinine 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?
    - Lifestyle modifications
    - Weight loss
    - Dietary sodium reduction
    - Smoking cessation
    - Exercise