

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?

Some of the risk factors that C.S. has for hypertension would be his weight, not seeing his healthcare provider in a long time, eating mainly fast food, smoking a pack of cigarettes a day, living a sedentary lifestyle, and his BP running 182/104

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

Some clinical manifestations to assess for in C.S. would be fatigue, dizziness, palpitations, angina, and dyspnea.

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

Potential complications of hypertension include peripheral vascular disease, nephrosclerosis, and 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.?

I would expect the health care provider to order a measurement of C.S' current BP, urinalysis, creatinine clearance, and an ECG.

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?

Some lifestyle modifications I would recommend for C.S. to control his BP would be weight loss, staying away from fast food as much as possible to reduce sodium, physical activity when possible, meal planning, and smoking cessation.