

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? **C.S.’s risk factors for hypertension are not seeing a provider in a “really long time”, he eats mainly fast food, he smokes a pack of cigarettes a day, he drives for long hours at a time, and he weighs 230 lbs.**

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

Some clinical manifestations I would assess for would be fatigue, dizziness, palpitations, angina, and dyspnea.

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

Some complications I would assess for would be 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.?

I might expect the health care provider to order the BP to be measured, urinalysis, BUN and serum creatinine, creatinine and clearance, serum electrolytes, glucose, serum lipid profile, uric acid levels, ECG, and echocardiogram.

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?

I would recommend a healthy diet, more exercise, smoking cessation, and annual checkups with his health care provider for some lifestyle modifications.