

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?

Excess weight
Pack a day smoker
Excess sodium intake from fast food
Noncompliant with yearly check ups
Sedentary Lifestyle

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

Headache
Dizziness
Fatigue
Change in vision
Palpitations
Dyspnea

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

MI
Heart Failure
Stroke
Renal Disease
Vision loss

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.?

BP measurement
Urinalysis
BUN/Creatinine serum levels
Serum electrolytes and glucose
Lipid profile
Uric acid

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?

Lose excess weight

Begin daily exercise

Diet sodium reduction/ DASH plan

Avoid tobacco products and quit smoking