

## 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?

Occupation, smoker, fast food, his age (hes <50 yrs old), we can ask if HTN runs in his family, his weight/BMI, stress (he smokes due to stress), sedentary life style, can ask if he consumes alcohol or if hes a diabetic, can ask if hes understress at home too

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

Fatigue, dizziness, palpitations, angina, dyspnea, a red face,

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

Hypertensive heart disease, cerebrovascular disease, PVD, 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.?

Urine analysis, BUN and serum creatinine, creatinine clearance, serum electrolytes, blood glucose, lipid profile, uric acid, ECG, and ambulatory BP monitoring,

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?

1. Manage BP

2.control cholesterol; eat better foods such as low fat, whole grain foods

3.reduce glucose: cut back on fast food, any sugary drinks or food consumed, cut back on processed foods (carbs turn into sugar)

4.get active/workout at least 30 min a day/5x per week & resistance training

5.eat better (fruits, vegetables, no added sodium, good clean carbs, healthy fats) \*be mindful of potassium contained foods like potatoes, tomatoes, bananas,

6.drink plenty of water

7.stop smoking