Hypertension Case Study. Name :Josh Hernandez

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?

The risk factors of hypertension that C.S would have for hypertension would be tobacco use, Excess dietary sodium, obesity, sedentary life style, and stress.

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

Clinical Manifestations that I would assess for in C.S would be fatigue, dizziness, palpitations, angina, and dyspnea.

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

Some complications that I would assess for in C.S would be coronary artery disease, left ventricular hypertrophy, heart failure, cerebrovascular disease, 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.?

Diagnostic studies that I might see ordered from the health care provider for C.S would be Measuring their BP, urinalysis, BUN and serum creatinine, creatinine 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?

Some lifestyle modifications that I would recommend for C.S to control his BP would be having some weight loss, possibly go on a DASH diet and essentially what that contains is fruits, vegetables, fat-free or low-fat milk, whole grains, fish, poultry, beans, seeds, and nuts. I would also recommend a dietary sodium reduction.