

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 risk factors for hypertension does C.S. have?

The risk factors for HTN that C.S. has are HTN, Obesity (BMI 34), eating fast food, Smokes a pack per day.

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

Clinical manifestations of HTN that I would assess are BP, vision, fatigue, reduced activity tolerance, visual changes, N & V, dizziness, edema, diaphoresis, Hematuria (kidney damage), confusion, HA, lower extremity edema, and Rhinitis.

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

The complications that I will assess are Diabetes (glucose), Renal hematuria, Poor vision or Retinopathy, CHF/CAD, CVD, Abdominal Aorta aneurysm=abdominal bruit, PVD gangrene/lower extremities

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.?

The diagnostic studies I might expect the HCP to order might be ECG, CXR, UA, Renal (BUN, Creatinine, eGFR), Glucose, F & E Profile, Echocardiogram, Lipid profile, Ambulatory BP Monitoring (ABPM)

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?

The types of lifestyle modifications that I would recommend to control his BP would be Diet, Exercise, weight loss, smoking cessation, & stress reduction.