Hypertension Case Study
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?

- Fastfood, 1 pack of cigarettes a day, weight 230, age 40, man, lifestyle

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

- Fatigue, dizziness, palpitations, angina, dyspnea

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

- Coronary artery disease, left ventricular hypertrophy, cerebrovascular disease, heart failure, 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.?

- Take BP
- Labs: urinalysis, serum cholesterol, BUN, creatinine, creatinine clearence, serum electrolytes (K), uric acide levels
- ECG and or 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?

- Diet changes (dash diet), calorie restrictions, sodium reduction, include exercise 30 minutes a day 5 times a week, smoking cessation, decrease alcohol intake (if indicated)
- Look into social determinants of health. Why wasn't he going to the doctor yearly for a check up?