

## 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?

**Some risk factors C.S has are pack a day smoker, sedentary lifestyle due to truck driving, and improper diet, he also has not been for a checkup for long time.**

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

**I would assess for dyspnea, angina, dizziness, fatigue, and palpitations.**

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

**I would assess for left ventricular hypertrophy, coronary artery disease, heart failure, and cerebrovascular disease.**

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.?

**I would expect the HCP to order a urinalysis, BUN and serum creatinine, and creatinine clearance to check the kidney function and set a baseline. I would also expect to see an echocardiogram ordered to see the extent of the left ventricle hypertrophy. As well as a general measurement of the bp serum electrolyte levels, and glucose testing to check for diabetes.**

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?

**I would recommend C.S to get up and walk every time he stops for gas and exercise 5 days a week for 30 minutes each day while he is home from his job. I would also recommend getting healthier foods to eat while he is working. For example, instead of mainly eating fast foods he could get a salad from the store or if he is going to continue to eat at fast food restaurants, I would encourage him to get a salad or grilled chicken, or maybe a chicken wrap. If he is**

**cutting down on fats, focusing on more lean proteins, decreases his sodium intake, and cuts out a lot of sugar his blood pressure should decrease. I would also encourage him to stop smoking and provide him with some information about smoking cessation and the benefits to it.**