

## 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?

**Smoker, fast food (high sodium diet), heavier weight, he’s a 40y/o man, he lives a sedentary life due to sitting long hours on the road, he says he smokes to keep him calm so this may indicate he is stressed.**

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

**I would assess for dyspnea since his RR is high (24), fatigue, angina, palpitations.**

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

**Coronary artery disease, peripheral vascular disease, left ventricular hypertrophy, HF.**

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.?

**Serum lipid profile, ECG, creatinine clearance, glucose test, BUN and serum creatinine.**

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 dash diet- less sodium, exercise 30 min a day or 150 min a week, modify alcohol intake, avoid Tabaco products- stop smoking, monitor Bp and keep a diary, make sure he sticks to his 3 drug therapy regimen .**