

Hypertension Case Study
MSN

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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?

Risk factors would include, his age because he is becoming middle age. Smoking tobacco is a very big issue as well. His diet considering he mainly eats fast food which are high in sodium and mainly contain fried foods. Obesity also because he mainly sits on his job and isn't getting around much or being active. His inability to making sure he seeks regular health assessments. Lastly his job, claiming he smokes as a way to keep calm on the job makes me believe that what he does can be very stressful.

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

Symptoms would include, dyspnea along with dizziness or chest pains. He could be experiencing some fatigue considering how high his blood pressure is.

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

I would assess for his renal function because of his diet along with his blood pressure that would cause a build up of sodium in his body. He could have cerebrovascular disease that would increase his risk of a stroke. By assessing if he has any leg pain with activity but it becomes relieved at rest could determine peripheral artery disease as well.

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 healthcare provider to order a urinalysis, BUN and creatine test. Along with a creatine clearance, and an ECG.

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?

Lifestyle changes I would definitely encourage for C.S. would be encourage him to stop smoking and try to order more health conscious meals if he plans to get fast food. Instead of the basic fried meals he could order a salad along with chicken breast instead of fried chicken nuggets. When he takes his breaks I would encourage him to take a lap around the gas stations or even just a short walk around wherever he parks. He should also be encouraged to loose weight, he could keep healthy snacks like nuts and fruits or veggies with him on rides.