

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?

C.S has risk factors for hypertension that are both modifiable and non-modifiable. His non-modifiable risk factor for hypertension is his age. His modifiable risk factors include his weight (overweight), diet, tobacco use, stress, not seeing a health care provider routinely, and decreased physical inactivity due to his career.

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

Some clinical manifestations of hypertension that I would assess C.S for would include shortness of breath, heart palpitations, fatigue, dizziness, angina, significant headaches, nose bleeds, and edema.

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

Complications that I would assess C.S for would include cardiovascular complications (coronary artery disease, left ventricular hypertrophy, heart failure), stroke (cerebrovascular disease), peripheral vascular disease, ocular damage (retinal damage), HTN crisis, and kidney damage (nephropathy).

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.?

Diagnostic studies that I might expect the health care provider to order C.S would be measuring his blood pressure routinely, serum creatinine, creatinine clearance, BUN, ECG, urinalysis, uric acid levels, glucose levels, lipid profiles, retinal exam, and possibly an 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?

Some lifestyle modifications I would recommend for C.S that would help control his blood pressure would include having routine checkups with a healthcare provider, dietary changes, increasing physical activity, quit smoking/decrease tobacco intake, and stress management. All

these lifestyle modification can contribute to significant weight loss which could lead to a decrease in his blood pressure.