

## 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?

Risk factors for C.S. would be sitting for long periods of time, smoking a pack a day, and eating mostly fast food.

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

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

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

I would assess for coronary artery disease, heart failure, myocardial infarction, renal disease, and vision loss.

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.?

Some diagnostic studies might be a urinalysis, BUN and serum creatinine, glucose, serum lipid profile, ECG, and 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?

He can add more physical activity during rest stops while driving, choosing healthier food options instead of mostly fast food, and stop smoking.