

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 factor are his sedentary life-style, obesity, tobacco use, his gender(male), and his poor diet.**

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

- **Some clinical manifestations of hypertension that I would assess for are fatigue, dizziness, palpitations, angina, dyspnea.**

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

- **Some complications that I would assess C.S. for are coronary artery disease, left ventricular hypertrophy, heart failure, cerebrovascular disease, peripheral vascular diseases, nephrosclerosis, and retinal damage.**

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 diagnostic studies such as measurement of blood pressure, urinalysis, BUN and serum creatinine, serum electrolytes, serum lipid profile, uric acid levels, ECG, echocardiogram, and ABPM.**

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 modifications such as weight loss. Which can be achieved through calorie restrictions and moderate physical activity. Also, a change in his diet to a more plant based and mediterranean diet. The DASH eating plan and a reduction of sodium in the diet would also be recommended.**