Clinical Approach to Hypertension: Case Study
2018

Article for Preparation for case discussion:

Chief Concern: “I was told my blood pressure should be rechecked by a doctor”
HPI: ES is a 41 y/o man presenting to establish care. He recently got a flu shot and tetanus booster at a wellness fair through his company where he works.. His Blood Pressure was elevated at 134/82. He denies chest pain or shortness of breath. He travels for his job. He exercises infrequently. He eats “out” on the road often and at home. His weight has gradually gone up over time. Last PCP visit was 10 years ago.
PMH: none
PSH: arthroscopic knee surgery in his 30's
Medications: None
No Known Allergies
SH: Remote smoking history, does not currently smoke. Drinks 7-10 drinks of alcohol per week. No illicit drug use
Fam Hx: Mom healthy' Dad high blood pressure, heart attack at age 68

PHYSICAL EXAMINATION:
The BP by the nurse is 138/90.
Your repeat BP is 136/86 on the left arm; 134/86 right arm | Pulse 72 | Wt 192 lb | Ht 68 in.
CV: RRR, no murmurs
Pulm: lungs clear, no crackles or wheezes
Abdomen: Soft, NT, ND, +BS, no organomegaly
Extremities: No edema.
Learning Objectives:

1. Given the history and lab data, what is the clinical diagnosis?

2. What interventions have proven to be useful at this stage?

After four months he has lost 5lbs from diet and exercise efforts and his BP is 138/88. You review the lifestyle modifications that he has been focused upon. He has been most successful at increasing his exercise. His diet is largely unchanged.

3. What are the dietary modifications he should have been making?

4. What other interventions would be appropriate at this time?

5. When should you have him return to you to assess his blood pressure?
   a. 1 month
   b. Annually
   c. Wait 6 months
   d. 3-6 months