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* + [**Solve your own case study Lesson**](https://elearn.daffodilvarsity.edu.bd/mod/lesson/view.php?id=1049437)

**Patient Summary:** 54-year-old female here for evaluation and treatment for essential hypertension and hyperlipidemia

History:

**Onset of disease**: Mrs. Sanders is a 54-yo female who is not employed outside the home. She was diagnosed 1 year ago with Stage 2 (essential) HTN. Treatment thus far has been focused on non- pharmacological measures. She began a walking program resulting in a 10-pound weight loss she has been able to maintain during the past year. She walks 30 minutes 4–5 times per week, though she sometimes misses on bingo nights. She was given a nutrition information pamphlet in the MD office outlining a lower-Na diet. Mrs. Sanders was a 2-pack-a-day smoker but quit (“cold turkey”) when her HTN was diagnosed last year. No c/o of any symptoms related to HTN. Pt denies chest pain, SOB, syncope, palpitations, or myocardial infarction.

**Medical history**: Not significant before Dx of HTN

**Surgical history**: None

**Medications at home:** None  
**Tobacco use**: No—quit 1 year ago

**Alcohol use**: 2–4 beers/wk  
**Family history**: What? HTN. Who? Mother died of MI related to uncontrolled HTN.

**Demographics:**

Marital status: Married; Spouse name: Steve Sanders, 60 yo Number of children: Children are grown and do not live at home. Years education: High school  
**Language**: English

Occupation: No employment outside of home Hours of work: Varies

Household members: 2  
Ethnicity: African-American

Religious affiliation: Roman Catholic

MD Progress Note:

Review of Systems Constitutional: Negative  
Skin: Negative  
Cardiovascular: No carotid bruits Respiratory: Negative Gastrointestinal: Negative Neurological: Negative Psychiatric: Negative

**Physical Exam**  
General appearance: Healthy, middle-aged female who looks her age  
Heart: Regular rate and rhythm, normal heart sounds—no clicks, murmurs, or gallops

HEENT: Eyes: No retinopathy,

PERRLA Genitalia: Normal female  
Neurologic: Alert and oriented × 3 Extremities: Noncontributory

Skin: Smooth, warm, dry, excellent turgor, no edema

Chest/lungs: Lungs clear  
Peripheral vascular: Pulse 4+ bilaterally, warm, no edema

Abdomen: Nontender, no guarding, normal bowel sounds

Vital Signs: Temp: 98.6 Pulse: 80 BP: 160/100 Height: 5'6"

**Assessment and Plan:**

Isolation: None

54-year-old female with Stage 2 HTN here for initiation of pharmacologic therapy with thiazide diu- retics and reinforcement of lifestyle modifications. Rule out metabolic syndrome.

Dx: Stage 2 HTN, heart disease, early COPD

Medical Tx plan: Urinalysis; hematocrit; blood chemistry to include plasma glucose, potassium, BUN, creatinine, fasting lipid profile, triglycerides, calcium, uric acid; chest X-ray; nutrition consult; 25 mg hydrochlorothiazide daily; evaluate for initiation of HMGCoA reductase inhibitor therapy; pt to be reassessed in 3 months.