Case Study, Chapter 35, Antihypertensive Drugs

James Dunn is a 40-year-old African American man. He presents to the physician’s office today complaining of headache. His vital signs during triage are as follows: blood pressure 165/90 mm Hg, heart rate 80 beats/minute, temperature 98.5°F, weight 125 kg (275 lb), and height 5 ft 11 in. He currently has no other diagnosed medical conditions. The physician gives Mr. Dunn a prescription for lisinopril/hydrochlorothiazide (Prinzide) 10/12.5 mg with directions to take one tablet by mouth daily in the morning. (Learning Objectives 1, 3, 4, 8)

1. What are the different types of hypertension and what are risk factors for the different types?

2. In which stage of hypertension would you place Mr. Dunn?

3. What lifestyle modifications should Mr. Dunn be encouraged to follow?

4. What class of antihypertensive is lisinopril/hydrochlorothiazide?

5. What would you tell Mr. Dunn about his new medication?

6. What teaching will you be giving Mr. Dunn?