

Smith, Jeremy

DOB: 7/22/1966

Unit 9 Patient Scenario

Objective Profile for client Jeremy Smith, male

Height: 70 inches **Weight:** 210 lbs

Lab results from recent physical:

Total serum cholesterol: 377 mg/dL

Triglyceride level: 230 mg/dL

HDL level: 29 mg/dL

LDL level: 163 mg/dL

Blood pressure: 175/96

Personal health history: The client has had physicals every 3-4 years. The client was identified with having high blood pressure at his last physical a year ago, but did not want to start a prescription medication and wanted to try to reduce sodium intake per his physician's recommendations. The client is a local construction worker and works 5 days a week, 8 to 10 hours a day.

Family history: The client's father smoked for 30+ years and passed away from a heart attack at age 58. The client's mother was diagnosed with diabetes at age 45 and is still living. The client's brother has high blood pressure and hypercholesterolemia and controls with diet and medication modifications.

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Current Prescribed Medications: None

24 hour Diet Recall for Client:

Breakfast: Cooked at home: 2 fried eggs or scrambled eggs, 2 slices of buttered toast, 2 pieces of turkey bacon, 1 cup coffee

Lunch: Fast food Double Cheeseburger, medium French fries, 44 ounce cola soda

Dinner: Cooked at home: 8oz ribeye steak, 6 fried shrimp, 1 medium loaded baked potato with butter, cheese, bacon, ½ cup cooked broccoli, 20oz sweet tea

Bedtime Snack: 8oz whole milk and 4 Chocolate Chip Cookies