

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 12/12/25

PATIENT: MURRAY, ONISHA **DOB:** 06/20/1993 **Gender:** FEMALE **MRN:** 5788 **AGE:** 32 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Healthy Tigers follow up due to elevated blood pressure and elevated glucose. Patient admits to not taken any of her diabetes or HTN medications since the start of the 2025 year.

VITALS: BP: 193/121 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 63; **Temp:** 97.3; **Resp:** 16; **Ht:** 69 in.; **Wt:** 254.5 lbs.; **BMI:** 37.58; **Pulse Oximetry:** 98%; **FDLMP:** 11/19/25

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Diabetes (Type-II); Hypertension;

PAST SURGICAL HISTORY: Tonsillectomy;

SOCIAL HISTORY: Never smoked tobacco 0 packs per day for 0 years (0 Pack Years). Counseled for nutrition. Counseled for physical activity.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

clonidine HCl 0.1 mg tablet (1 unit(s)): Medication

ASSESSMENT:

Z13.9 - ENCOUNTER FOR SCREENING, UNSPECIFIED (PRIMARY)

E11.65 - TYPE 2 DIABETES MELLITUS WITH HYPERGLYCEMIA

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I10 - ESSENTIAL (PRIMARY) HYPERTENSION

Z91.199 - PT NCOMPL W OT MED TRTMT/REGIMEN D/T USP REASON

PLAN:

clonidine HCl 0.1 mg tablet

Refills: 0 Qty: 1 TABLET(S)

Instructions: One by mouth now (Dispensed)

metformin 500 mg tablet

Refills: 1 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY DAY WITH LARGEST MEAL OF THE DAY

lisinopril 10 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

D/w pt at length importance of taking medications every day as prescribed as well as keeping all f/u visits with PCP and endocrinologist. Pt no longer has PCP, gave info regarding PCP's in area. Pt advised to RTC with any issues until she is able to establish care. D/w pt potential side effects of medications as well as risks of leaving symptoms untreated such as renal failure, stroke and death.

Electronically signed by Breena Till, CRNP on 12/12/25 3:39 PM

