

MAXIMUS FEDERAL SERVICES, INC.

Independent Medical Review

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Notice of Independent Medical Review Determination

Dated: 12/13/2013

[REDACTED]

[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	7/30/2013
Date of Injury:	10/5/2009
IMR Application Received:	8/9/2013
MAXIMUS Case Number:	CM13-0008997

- 1) MAXIMUS Federal Services, Inc. has determined the request for **cognitive behavioral psychotherapy once every six weeks for one year is not medically necessary and appropriate.**

INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 8/9/2013 disputing the Utilization Review Denial dated 7/30/2013. A Notice of Assignment and Request for Information was provided to the above parties on 10/11/2013. A decision has been made for each of the treatment and/or services that were in dispute:

- 1) MAXIMUS Federal Services, Inc. has determined the request for **cognitive behavioral psychotherapy once every six weeks for one year is not medically necessary and appropriate.**

Medical Qualifications of the Expert Reviewer:

The independent Expert Reviewer who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Psychologist and is licensed to practice in California. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The Expert Reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and treatments and/or services at issue.

Expert Reviewer Case Summary:

Per the Utilization Review dated 7/30/13, the patient is a 62-year-old individual who sustained an injury on 10/5/2009. The mechanism of injury is not documented in the records. Psychiatric complaints include anxiety and depression, diminished energy, sleep disturbance, irritability, and panic attacks.

Documents Reviewed for Determination:

The following relevant documents received from the interested parties and the documents provided with the application were reviewed and considered. These documents included:

- Application of Independent Medical Review
- Utilization Review Determination
- Medical Treatment Utilization Schedule (MTUS)
- Medical Records from:
 - Claims Administrator
 - Employee/Employee Representative
 - Provider

1) Regarding the request for cognitive behavioral psychotherapy once every six weeks for one year:

Section of the Medical Treatment Utilization Schedule Relied Upon by the Expert Reviewer to Make His/Her Decision

The Claims Administrator based its decision on the CA MTUS 9792.24.2 Chronic Pain Medical Treatment Guidelines, page 23.

The Expert Reviewer based his/her decision on the American College of Occupational and Environmental Medicine (ACOEM), 2nd Edition, (2004) Chapter 15 (Stress-Related Conditions) and page 1060 which is part of MTUS.

Rationale for the Decision:

There is a single treatment request in the records; dated 7/2/2013 that indicates the employee is suffering from anxiety, depression, diminished energy, irritability, panic attacks, and a sleep disturbance as a result of harassment by his supervisor. He reportedly received a score of 15 on the Beck Depression Inventory (BDI) and 25 on the Beck Anxiety Inventory (BAI) and is taking clonazepam. There is no mental status examination, no other objective or subjective data, and no information about the nature and extent of the employee's functional impairment. Without such information, the request for cognitive behavioral psychotherapy once every six weeks for one year does not meet guideline criteria. Additionally, the treatment request indicates the employee will be able to return to full duty on 7/8/2013. **The request for cognitive behavioral psychotherapy once every six weeks for one year is not medically necessary and appropriate.**

Effect of the Decision:

The determination of MAXIMUS Federal Services and its physician reviewer is deemed to be the final determination of the Administrative Director, Division of Workers' Compensation. With respect to the medical necessity of the treatment in dispute, this determination is binding on all parties.

In accordance with California Labor Code Section 4610.6(h), a determination of the administrative director may be reviewed only if a verified appeal is filed with the appeals board for hearing and served on all interested parties within 30 days of the date of mailing of the determination to the employee or the employer. The determination of the administrative director shall be presumed to be correct and shall be set aside only upon proof by clear and convincing evidence of one or more of the grounds for appeal listed in Labor Code Section 4610.6(h)(1) through (5).

Sincerely,

Paul Manchester, MD, MPH
Medical Director

cc: Department of Industrial Relations
Division of Workers' Compensation
1515 Clay Street, 18th Floor
Oakland, CA 94612

/cmol

Disclaimer: MAXIMUS is providing an independent review service under contract with the California Department of Industrial Relations. MAXIMUS is not engaged in the practice of law or medicine. Decisions about the use or nonuse of health care services and treatments are the sole responsibility of the patient and the patient's physician. MAXIMUS is not liable for any consequences arising from these decisions.