

MAXIMUS FEDERAL SERVICES, INC.

Independent Medical Review

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MAXIMUS
Federal Services



Notice of Independent Medical Review Determination

Dated: 11/15/2013

[REDACTED]

[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	7/13/2013
Date of Injury:	3/3/1981
IMR Application Received:	8/12/2013
MAXIMUS Case Number:	CM13-0009634

- 1) MAXIMUS Federal Services, Inc. has determined the request for **pharmacy purchase of Cyclobenzaprine 10mg #30 is not medically necessary and appropriate.**

INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 8/12/2013 disputing the Utilization Review Denial dated 7/13/2013. A Notice of Assignment and Request for Information was provided to the above parties on 9/17/2013. 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 **pharmacy purchase of Cyclobenzaprine 10mg #30** is not **medically necessary and appropriate**.

Medical Qualifications of the Expert Reviewer:

The independent Medical Doctor who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Internal Medicine, 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:

The patient is a 67 year old female who had a work-related injury on 04/03/1981. The mechanism of injury occurred when she and fell injuring her neck, low back, ankle, right knee and psyche. Her current diagnoses are post-laminectomy syndrome, myospasm, and depressive disorder. Treatment has included a laminotomy 10/1981, L5-S1 fusion 10/2001, hardware removed 04/29/2010, fused L3-L4, L4-L5; physical therapy, functional restoration program; facet joint injection; SCS trial; trigger point injections; chiropractic care; TENS and medical therapy. On exam there is reported tenderness to palpation over the right lumbar facets with spasm. The treating provider has prescribed Cyclobenzaprine 10mg # 30.

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 Records from Claims Administrator
- Medical Treatment Utilization Schedule (MTUS)

- 1) **Regarding the request for pharmacy purchase of Cyclobenzaprine 10mg #30 :**

The Medical Treatment Guidelines Relied Upon by the Expert Reviewer to Make His/Her Decision

The Claims Administrator based its decision on the Chronic Pain Medical Treatment Guidelines, which is part of the MTUS and the ACOEM (2009) guidelines, which is not part of the MTUS.

The Expert Reviewer based his/her decision on the Chronic Pain Medical Treatment Guidelines, Cyclobenzaprine (Flexeril®), page 41, which is part of the MTUS.

Rationale for the Decision:

The MTUS Chronic Pain guidelines indicate that muscle relaxants are not considered any more effective than nonsteroidal anti-inflammatory medications alone. The guidelines further state that cyclobenzaprine is not recommended for the long-term treatment of low back pain. The medication has its greatest effect in the first four days of treatment. The submitted documents indicate that there are palpable muscle spasms but there is no documentation of functional improvement from any previous use of this medication. The employee has been treated with multiple medical therapies. Based on the current available records, the medical necessity for this muscle relaxant medication has not been established. **The request for pharmacy purchase of Cyclobenzaprine 10mg #30 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

/bh

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.