

Case Number:	CM13-0015147		
Date Assigned:	10/07/2013	Date of Injury:	06/06/2002
Decision Date:	01/13/2014	UR Denial Date:	08/02/2013
Priority:	Standard	Application Received:	08/21/2013

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to a physician reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Family Practice, has a subspecialty in ABPM, 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 physician 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 disputed items/services. He/She is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

The injured worker was robbed at gun point at work on 6/6/02 that resulted in post traumatic stress disorder and Major Depression. She was unable to return to work and received psychotherapy as well Xanax and Ritalin (Methylphenidate hydrochloride). A note on 7/30/13 indicated she was taking Ritalin weekly to manage her energy level and help her focus. A recent report on 10/15/13 noted the injured worker has an upbeat mood, she is reading books, and undergoing psychotherapy. She is taking Cymbalta for depression and Ambien for sleep.

IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

Fifty (50) tablets of Methylphenidate Hydrochloride 20mg: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation The Physician Reviewer based his/her decision on the Diagnosis and Management of ADHD-AAFP May 2013 and Identifying and Managing PTS.

Decision rationale: Methylphenidate Hydrochloride is approved use for Attention Deficit and Hyperactivity Disorder. The injured worker is being treated for PTSD and anxiety with psychotherapy, and medications such as Hypnotics (i.e., Ambien), Benzodiazepines (i.e.,

Xanax), and mood stabilizers (i.e., Cymbalta, Risperdal, etc.). There is no indication or approved use for methylphenidate in the literature cited above for general management of PTSD, anxiety and depression.