

<b>Case Number:</b>	CM13-0016976		
<b>Date Assigned:</b>	10/11/2013	<b>Date of Injury:</b>	06/21/2011
<b>Decision Date:</b>	10/01/2014	<b>UR Denial Date:</b>	08/16/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/27/2013

### HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Anesthesiology, has a subspecialty in Pain Management 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 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:

This is a 40-year-old male with a 6/21/2011 date of injury, while he passed out because of heat, he fell off the forklift and landed on his head. On 8/16/13 determination was modified. Certification was rendered for a diagnostic facet block of the left C2-3 and C3-4 medial branches, and non-certification was given for a CBC and comprehensive metabolic panel and Exoten-C pain relief compound. Reasons for non-certification include no neuropathic pain that had failed oral agents. Regarding the laboratory testing, it was noted that this should be pursue with the patient's PCP and personal insurance. 8/6/13 initial pain management consultation report revealed neck pain, more on the left rated 6-8/10. Exam revealed paracervical spasm and tenderness, mainly on the left side, from the approximate areas of C2 to T1. He had tenderness over the superior border of the trapezius on the left side. There was decreased cervical range of motion. Facet loading was positive. The provider states that the patient has been on different medications for a long period of time and to make sure there is no end-organ damage, he recommended a CBC and a comprehensive metabolic profile. The also recommended Exoten-C compound. 7/21/13 QME report revealed headache, neck pain, and upper back pain. It was noted that he patient was on Keppra and medications for pain, depression, anxiety, and insomnia. Exam revealed bulk, tone, and strength normal throughout both upper and lower extremities. Sensory was also intact. Biceps, triceps, brachioradialis, patella, and Achilles reflexes were 2+ bilaterally and the plantar responses were flexor. Diagnoses include s/p syncopal episode, fall with closed head trauma, concussion, headaches, and memory disturbance. Future medical care included anticonvulsant medications with neurologic follow-up and other medications felt appropriate by other evaluators with regards to psychological issues and sleep disturbance.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**CBC and also Comprehensive Metabolic Profile: Overturned**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation [http://www.cigna.com/assets/does/health-care-professionas/coverage\\_position/ph\\_1211\\_coveragepositioioncriteria\\_jakafi.pdf](http://www.cigna.com/assets/does/health-care-professionas/coverage_position/ph_1211_coveragepositioioncriteria_jakafi.pdf).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Laboratory Safety Monitoring of Chronic Medications in Ambulatory Care Settings'.

**Decision rationale:** The patient has been on Keppra and medications for pain, depression, anxiety, and insomnia. Review of the management of patient's taking Keppra include the need for blood monitoring of Keppra to determine blood levels, to detect toxicity, or verify that a person is taking the medication as prescribed (compliance); to monitor during health changes that may affect drug clearance and/or kidney function. It seems as though the doctor has seen the patient for an initial consultation and has increased the dosage from 1500 per day up to 1000 mg b.i.d. The laboratory monitoring is appropriate and consistent with the medication guideline recommendations. Therefore the request is medically necessary.

**Exoten-C- Pain Relief Compound: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Capsaicin, topical Page(s): 28-29, 111-113. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Active ingredients: Methyl salicylate 20%, Menthol USP 10%, Capsaicin 0.002%. Purpose: Topical analgesic <http://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=7c9f2e53-332e-4c48-83c2-8444d1afa8d3&CFID=1168595&CFTOKEN=5bf9e14799c0fad4-3BF17328-FC3A-2217-53E77BEF959AE337>.

**Decision rationale:** A search of online resources revealed that Exoten-C lotion contains methyl salicylate, menthol, capsaicin. CA MTUS states that capsaicin is only recommended on as a 0.025% formulation (as a treatment for osteoarthritis) and a 0.075% formulation (primarily studied for post-herpetic neuralgia, diabetic neuropathy and post-mastectomy pain). In addition, any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended. There was no clear indication for the prescription of this medication. No rationale was clearly provided and there were no documented benefits from such. Therefore, the request is not medically necessary.