

Case Number:	CM13-0017004		
Date Assigned:	06/06/2014	Date of Injury:	01/03/2001
Decision Date:	07/30/2014	UR Denial Date:	08/26/2013
Priority:	Standard	Application Received:	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 Neurology, has a subspecialty in Neuromuscular Medicine and is licensed to practice in New Jersey. 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:

The patient is a 58-year-old who sustained a work-related injury on January 3, 2001. Subsequently, she developed right shoulder pain. Based on the progressive report dated on February 5, 2014 the patient is having increasing right shoulder pain and discomfort. Her physical examination revealed right shoulder forward elevation 106 degrees, external rotation 00 degrees, and internal rotation to L5. Abduction strength is 4-/5. She has positive apprehension n test. There is a marked crepitus within the glenohumeral joint with catching, snapping, and shifting. The patient was diagnosed with right shoulder posttraumatic arthritis. On August 13, 2001 the patient underwent right shoulder arthroscopy, chondroplasty with microfracture weight bearing aspect of humeral head, subacromial bursectomy, and repair of capsular labral separation with reefing of anterior capsule. On August 12, 2003 the patient had a right shoulder arthroscopic labral repair and capsulorrhaphy. Her right shoulder MRI dated on November 15, 2004 revealed moderately severe osteoarthritis of glenohumeral joint, marked rotator cuff tendinosis with partial thickness intrasubstance tears of the subscapularis and supraspinatus tendons versus post-operative change, os acromiale, and degenerative changes of the acromioclavicular joint. Another right shoulder MRI dated on February 20, 2007 revealed hypertrophic changes in acromioclavicular joint causing impingement on the supraspinatus tendon, evidence of full thickness tear of distal supraspinatus tendon, and pronounced degenerative changes in the glenohumeral joint with subchondral cyst change in the humeral head. The patient treatment had included: physical therapy, sling, pain pump, Flexeril, trigger point cane, acupuncture, massage therapy, right suprascapular nerve block, hydrocodone, Temazepam, TENS (transcutaneous electrical nerve stimulation) since 2003, gym membership for aquatic therapy, Percocet, Naprosyn, and Biofreeze gel. The provider requested authorization to use Temazepam 30 mg #30.

IMR ISSUES, DECISIONS AND RATIONALES

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

Temazepam 30 mg, thirty count: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepines Page(s): 24.

Decision rationale: According to the Chronic Pain Medical Treatment Guidelines, benzodiazepines are not recommended for long term use for pain management because of unproven long term efficacy and because of the risk of dependence. Most guidelines limit their use to four weeks. There is no recent documentation of insomnia related to pain. Therefore the request for Temazepam 30 mg, thirty count, is not medically necessary or appropriate.