

Case Number:	CM13-0018951		
Date Assigned:	11/06/2013	Date of Injury:	09/21/2012
Decision Date:	02/11/2014	UR Denial Date:	08/03/2013
Priority:	Standard	Application Received:	08/30/2013

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 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 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 claimant has a history of hypertension and work related stress. The stress was a result of working as a police officer. He developed atypical chest pain from 9/21/12 to 10/1/2012. He had a normal stress echo on 9/27/12. In December of 2012, the claimant had a normal EKG, impedance cardiography, and an unremarkable echo. At the time he was noted to be able to ride a bike for 40 minutes and work out. A cardiology exam on 6/19/13 indicated the claimant felt well, had a normal physical exam and a diagnosis of labile hypertension. A request for a stress test to be performed on 9.19.13 was ordered.

IMR ISSUES, DECISIONS AND RATIONALES

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

stress treadmill test: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Singapore Ministry of Health. Screening for cardiovascular disease and risk factors. Singapore: Singapore Ministry of Health; 2011 Mar. 101 p.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation American Heart Association Guidelines for Exercise Stress Testing 2012.

Decision rationale: According to the American Heart Association guidelines, a stress test is indicated for stable chest pain when there is a need for prognostic risk assessment. In this case the patient is able to exercise, and there is no mention of continued chest pain or any indication of cardiac disease that was not identified within the last year. The claimant had a normal work-up including stress echo within the past year. There is no other indication in the medical records provided for review that a stress test is medically necessary. The request for one stress treadmill test is not medically necessary and appropriate.