

Case Number:	CM13-0021946		
Date Assigned:	12/11/2013	Date of Injury:	09/05/2012
Decision Date:	02/03/2014	UR Denial Date:	08/15/2013
Priority:	Standard	Application Received:	09/09/2013

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 Internal Medicine and is licensed to practice in Florida. 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:

This patient is a 58 year old with a date of injury of 09/05/12. Relevant documents reviewed in the process of making this determination include orthopedic notes from [REDACTED], including notes from 7/12/13. Medical records document the patient's mechanism of injury is the left arm being pushed against a car door and subjective complaints have included neck, low back, right rib cage, bilateral shoulder, and bilateral knee pain and difficulties. Objective findings have included left shoulder tenderness over the AC joint, positive impingement tests, Hawkin's sign, supraspinatus weakness test and diminished motor strength of the biceps, triceps, deltoids, subscapularis, supraspinatus, and infraspinatus. In addition, the patient was noted to have objective diffuse myofascial guarding and tenderness of the lumbar spine, negative bilateral straight leg raise tests, diffuse left knee tenderness, and a positive patellofemoral grind test. The patient was diagnosed with rotator cuff tendinopathy/impingement syndrome with full thickness supraspinatus tear, left shoulder, AC joint arthropathy, and degenerative disc disease of the lumbosacral spine with central foraminal stenosis and anterolisthesis at L5/S1. Treatment plans per [REDACTED] included Prilosec 20mg twice daily and Flurbicream.

IMR ISSUES, DECISIONS AND RATIONALES

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

Prilosec 20mg, twice daily, #60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms and cardiovascular risk. Page(s): 68-69.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 68.

Decision rationale: Under review is the decision for Prilosec 20mg, twice daily, for the management of the patient's symptoms. Per review of the Chronic Pain Medical Treatment Guidelines, Prilosec or PPI is recommended for patients at intermediate risk for gastrointestinal events and no cardiovascular disease who take NSAIDS. A course of Prilosec is not medically appropriate for this patient in this context.

Flurbicream, apply as directed, #1: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-112.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111.

Decision rationale: Per review of the Chronic Pain Medical Treatment Guidelines, primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) These agents are applied locally to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. The efficacy in clinical trials for this treatment modality has been inconsistent and most studies are small and of short duration. Topical NSAIDs have been shown in meta-analysis to be superior to placebo during the first 2 weeks of treatment for osteoarthritis, but either not afterward, or with a diminishing effect over another 2-week period. (Lin, 2004) (Bjordal, 2007) (Mason, 2004) When investigated specifically for osteoarthritis of the knee, topical NSAIDs have been shown to be superior to placebo for 4 to 12 weeks. In this study the effect appeared to diminish over time and it was stated that further research was required to determine if results were similar for all preparations. (Biswal, 2006) These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. (Mason, 2004) Indications: Osteoarthritis and tendinitis, in particular, that of the knee and elbow or other joints that are amenable to topical treatment: Recommended for short-term use (4-12 weeks). There is little evidence to utilize topical NSAIDs for treatment of osteoarthritis of the spine, hip or shoulder. A course of Flurbicream is not medically appropriate for this patient in this context.