

<b>Case Number:</b>	CM13-0022536		
<b>Date Assigned:</b>	12/11/2013	<b>Date of Injury:</b>	11/19/2012
<b>Decision Date:</b>	01/28/2014	<b>UR Denial Date:</b>	08/29/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/10/2013

### 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 Physical Medicine & Rehabilitation 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:

This patient is a 56-year-old male who reported an injury on 11/19/2013 when the patient was kneeling and stood, feeling a pop in the left knee. The notes indicate that the patient was status post a left knee total arthroplasty on 09/09/2013. The clinical office visit on 11/07/2013 indicated that the patient had residual stiffness status post a left knee replacement, with the notes indicating that the patient was recommended to continue with physical therapy as well as the use of Celebrex 1 tablet twice a day. The notes indicate that the patient, on physical exam, had complete extension with flexion of 100 degrees and no complaints of calf pain. The physical therapy daily note on 11/05/2013 indicated that the patient had tight quadriceps and presented as very guarded. The patient had complaints with manual therapy with objective evaluation of the patient indicating the left knee to have 90 degrees of range of motion.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Post-op caregiver 24 hrs a day for 7 days a week:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Home Health Page(s): 51.

**Decision rationale:** CA MTUS states that home health services are recommended only for otherwise recommended medical treatment for patients who are homebound, on a part-time or "intermittent" basis, generally up to no more than 35 hours per week. Medical treatment does not include homemaker services like shopping, cleaning and laundry and personal care given by home health aides like bathing, dressing and using the bathroom when this is the only care needed (CMS, 2004). However, the documentation submitted for review failed to detail a clear clinical rationale for the necessity of continued postoperative care 24 hours a day 7 days a week. The patient is status post a left knee total arthroplasty on 09/09/2013, with a recent clinical evaluation of the patient indicating complete extension with flexion of 100 degrees and no calf pain. The notes indicated that the patient was utilizing Celebrex and was to continue with physical therapy. However, there remained no clear indication of the necessity for a 24/7 postoperative caregiver. Furthermore, there is no clear indication that the patient's proposed caregiver would provide any medically necessary services, and there was no clear indication that the patient was currently homebound in addition to requiring medically necessary interventions with a 24/7 postoperative caregiver. Given the above, the request for a postoperative caregiver for 24 hours a day times 7 days a week is not medically necessary or appropriate.