

Case Number:	CM13-0023751		
Date Assigned:	11/15/2013	Date of Injury:	05/06/2012
Decision Date:	02/03/2014	UR Denial Date:	09/03/2013
Priority:	Standard	Application Received:	09/12/2013

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 Orthopedic Surgery and Sports 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 patient is a 53 year old injured worker who is 5'5" and weighed 261plus pounds as of 07/19/2013. The patient has a history of lumbar sprain, lumbar fusion and chronic low back pain. The patient attempted to lose weight at home with diet control. However the patient gained 41 pounds in less than 3 months. The patient was unable to manage weight loss as the severity of their symptoms prevented the patient from being able to perform any significant exercise.

IMR ISSUES, DECISIONS AND RATIONALES

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

1 medically supervised weight loss program: Upheld

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

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Wing, Rena R & Phelan, Suzanne. Long-term weight loss maintenance. Am J Clin Nutr 2005 82: 222S-225.

Decision rationale: The patient was documented to be unable to perform significant exercise. The weight loss program uses a strategy that includes engaging in high levels of physical activity. The patient attempted to lose weight at home but was unable to by means of diet

control. The weight loss program recommends self-monitoring weight on a regular basis and eating a diet that is low in calories and fat. The patient weight gain during their attempt to diet indicates that they were not able to adhere to a diet plan nor was the patient monitoring their weight successfully. The request for 1 medically supervised weight loss program is not medically necessary and appropriate.