

Case Number:	CM13-0024520		
Date Assigned:	11/20/2013	Date of Injury:	11/13/2012
Decision Date:	02/04/2014	UR Denial Date:	07/01/2013
Priority:	Standard	Application Received:	09/16/2013

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 Pain Management, has a subspecialty in Disability Evaluation 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:

According to medical records reviewed, the applicant is a 59-year-old, right-hand-dominant female who relates that she suffered an injury on November 13, 2012, while performing her usual and customary job duties of her occupation as a healthcare provider for [REDACTED]. On the date of injury, the patient was helping a client transfer from a chair to a wheelchair when he started to fall and the patient held him with his full weight to help him sit down safely. The patient reports that the same thing happened again later that day as she was helping transfer the client from a wheelchair to a chair. The patient states that the client began to fall again and she had to hold him carefully to keep him from falling. After these two occurrences, the patient felt immediate pain in the right shoulder, right arm and upper back. The patient did not report the injury that day. She went home and went to bed and the next day she had increased pain. She returned to work and reported the injury to the nurse that was on staff. She was referred to [REDACTED] for treatment of her injury. She was prescribed medications and a course of physical therapy. She attended six visits for the right shoulder that provided initial benefit with mobility, however, soon after the pain returned. The patient was referred to [REDACTED] for an orthopedic evaluation. [REDACTED] provided evaluations, medications and advised the patient to continue working modified duty. On January 1, 2013, the patient worked during the night shift with a client that required multiple transfers to the bathroom. The patient states that after this night of work, she had increased neck and right shoulder pain, as well as muscle spasms. The patient returned to [REDACTED] and was given a cortisone injection which provided temporary benefit. An MRI of the right shoulder was obtained on March 11, 2013. [REDACTED] recommended right shoulder surgery, however, the patient preferred to try conservative treatment f

IMR ISSUES, DECISIONS AND RATIONALES

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

Trial of Vistaril 25 mg for insomnia secondary to pain: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation [www.drugs.com.vistaril](http://www.drugs.com/vistaril)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medline Plus, a resource of National Library of Medicine and National Institute of Health.

Decision rationale: The California MTUS (Effective July 18, 2009) is mute on this topic. According to Medline Plus, a resource of National Library of Medicine and National Institute of Health, Hydroxyzine (Vistaril) is used to relieve the itching caused by allergies and to control the nausea and vomiting caused by various conditions, including motion sickness. It is also used for anxiety and to treat the symptoms of alcohol withdrawal. Hydroxyzine may cause side effects. This medication is not approved as a sleeping pill or sleep aid, even though the side effects include drowsiness and dizziness. Therefore request for trial of Vistaril 25 mg for insomnia secondary to pain is not medically necessary