

Case Number:	CM13-0027025		
Date Assigned:	11/22/2013	Date of Injury:	08/04/2006
Decision Date:	02/10/2014	UR Denial Date:	08/30/2013
Priority:	Standard	Application Received:	09/20/2013

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 and Rehabilitation and is licensed to practice in Ohio and Texas. 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 56-year-old male who reported an injury on 08/04/2006. The patient indicated his pain was an 8/10 and the patient was noted to have pain that was numbing and burning on both sides of the wrists and aching in the posterior of the neck, bilateral trapezius, and interscapular region. The patient's diagnosis was noted to be chronic pain. The request was made for arnica, a homeopathic remedy.

IMR ISSUES, DECISIONS AND RATIONALES

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

Homeopathic use of Arnica: 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 Topical Analgesics Page(s): 111. Decision based on Non-MTUS Citation www.drugs.com/search.php?searchterm=arnica.

Decision rationale: The California MTUS states that topical analgesics are largely experimental in use with few randomized controlled trials to determine efficacy or safety; also, that they are primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. Per drugs.com, arnica is used for temporarily relieving irritation from minor bruises

and soreness. The clinical documentation submitted for review indicated that the patient had an inability to take normal pain medications due to a petroleum allergy. However, the clinical documentation submitted for review failed to indicate the patient had trialed antidepressants and anticonvulsants and they had failed. There was a lack of documentation of the quantity being requested. Given the above and the lack of documentation, the request for homeopathic use of Arnica is not medically necessary.