

Case Number:	CM13-0030798		
Date Assigned:	11/27/2013	Date of Injury:	06/25/2009
Decision Date:	02/13/2014	UR Denial Date:	09/22/2013
Priority:	Standard	Application Received:	09/30/2013

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 Orthopedic Surgery and is licensed to practice in Pennsylvania. 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 claimant is a 51-year-old female who was injured on 06/25/09. Twenty years prior she has had an anterior cruciate ligament reconstruction and in 2011 underwent arthroscopic knee surgery after which she had persistent pain. She now has persistent pain and mechanical complaints in spite of treatment including physical therapy. Arthroscopic surgery has been recommended within the medical records.

IMR ISSUES, DECISIONS AND RATIONALES

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

for Medical Clearance: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Surgery General Information and Ground Rules, California Official Medical Fee Schedule, 199 edition, pages 92-93.

MAXIMUS guideline: Decision based on MTUS ACOEM Page(s): 127.

Decision rationale: The medical records reflect that she has no active medical problems and her only medicine is Lexapro. Preoperative medical clearance is not indicated prior to undergoing knee arthroscopy.

for DVT prophylaxis and antibiotics: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Official Disability Guidelines Page(s): 7.

Decision rationale: The orthopedic literature does not support perioperative DVT prophylaxis for routine knee arthroscopy nor do the standards of care. Therefore it is not indicated or necessary. Perioperative antibiotics in knee arthroscopy is typically a standard of care in spite of the fact it cannot be supported within peer review journals as being medically necessary.

Assistant surgeon: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines and the Centers for Medicare and Medicaid Services (CMS).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Milliman Care Guidelines, 17th Edition, Assistant Surgeon Tables, Knee arthroscopy.

Decision rationale: Knee arthroscopy in this indication is described within the medical records does not require the use of an assistant surgeon; therefore one is not necessary

12 Post-op physical therapy: Upheld

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

MAXIMUS guideline: Decision based on MTUS Postsurgical Treatment Guidelines.

Decision rationale: Postoperative; 12 visits of physical therapy is likely unnecessary and excessive in an active 51-year-old female undergoing routine knee arthroscopy. This may be modified to six visits and would be consistent with guidelines and recommendations.