

Case Number:	CM13-0033995		
Date Assigned:	12/06/2013	Date of Injury:	04/13/2009
Decision Date:	08/27/2014	UR Denial Date:	09/09/2013
Priority:	Standard	Application Received:	10/11/2013

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Internal 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 expert 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 52 year old female who was injured on 04/13/2009 as she states she fell off a chair injuring her left thumb, right knee, lower back and neck. Prior treatment history has included cervical and lumbar epidural steroid injections, physical therapy and aqua therapy. Medications include Lidoderm and Flector patches, Norco and Prilosec. Progress note dated 06/28/2013 documented the patient with the patient consistently gaining weight. She is very depressed and has been trying to watch her diet but instead of losing weight she is gaining weight. On 10/19/2012 she weighs 240 pounds and now weighs 268 pounds. Along with the weight gain her hypertension has become worse and is now beginning to develop probable congestive heart failure. Progress note dated 09/06/2013 documents the patient is doing very well. Her hypertension is stable and her last laboratory tests show her glucoses are better. She is also losing some weight. She denies that she could lose weight much faster. Objective findings reveal blood pressure 120/73, pulse 65 and eight 268 pounds. Impression: Diabetes, Hypertension, Obesity, Gastritis. Utilization report dated 09/09/2013 did not certify the request for Lindora Weight Loss Program as there was not sufficient documentation from the provider to establish the necessity.

IMR ISSUES, DECISIONS AND RATIONALES

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

A Lindora 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 Other Medical Treatment Guideline or Medical Evidence:<http://enlita.com/blog/lindora-lean-life-diet-review>.

Decision rationale: CA MTUS guidelines and ODG do not discuss Lindora weight loss program. the referenced medical guidelines recommend weight loss program after a 3-6 month trial of conservative therapy has failed. The clinical documents did not adequately establish that the patient has failed conservative treatment. Some of the documents provided are handwritten and illegible. It is not clear what the patient's recent trends in weight have been but it seems she has lost weight at a rate consistent with weight loss programs. It is not clear what dietary education the patient has received and if she has participated in any exercise programs. Based on the guidelines and criteria as well as the clinical documentation stated above, the request is not medically necessary.