

Case Number:	CM13-0034778		
Date Assigned:	12/11/2013	Date of Injury:	10/25/2012
Decision Date:	05/16/2014	UR Denial Date:	09/11/2013
Priority:	Standard	Application Received:	10/15/2013

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 Emergency Medicine and is licensed to practice in New York. 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 49-year-old-female who was injured on October 25, 2012 when a large object fell on the patient's right side and knocked her to the ground. The patient continued to experience cervical, thoracic, and lumbar spine pain. There were no deficits on physical examination. Treatment included physical therapy and medications. Requests for authorization for topical compound medication Flurbiprofen/Cyclobenzaprine 8/1/2013, topical compound medication Tramadol/Gabapentin/Menthol/Camphor/Capsacin 8/1/2013, topical compound medication Flurbiprofen/Cyclobenzaprine 8/2/2013, topical compound medication Tramadol/Gabapentin/Menthol/Camphor/Capsacin 8/2/2013, and topical compound medication Amitriptyline,/Dextramorphane/ Tramadol 8/1/2013-8/2/2013 were submitted for consideration.

IMR ISSUES, DECISIONS AND RATIONALES

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

TOPICAL COMPOUND MEDICATION: FLURBIPROFEN/CYCLOBENZAPRINE, DATE OF SERVICE 08/01/2013: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 105 and Topical Analgesics, page 111-113..

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-112.

Decision rationale: Flurbiprofen/Cyclobenzaprine is a topical compound medication containing Flurbiprofen and Cyclobenzaprine. Topical analgesics are recommended for neuropathic pain when anticonvulsants and antidepressants have failed. Compounded topical analgesics are commonly prescribed and there is little to no research to support the use of these compounds. Furthermore, the guidelines state that "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." Topical NSAIDs have been shown to be superior to placebo in the treatment of osteoarthritis, but only in the short term and not for extended treatment. The effect appears to diminish over time. Absorption of the medication can occur and may have systemic side effects comparable to oral form. Adverse effects for GI toxicity and renal function have been reported. It has not been evaluated for treatment of the spine, hip, or shoulder. Flurbiprofen is a non-steroidal anti-inflammatory drug (NSAID). Flurbiprofen is recommended as an oral agent for the treatment of osteoarthritis and the treatment of mild to moderate pain. It is not recommended as a topical preparation. Cyclobenzaprine is a muscle relaxant. There is no evidence for use of any muscle relaxant as a topical product. This compound medication does not contain drugs that are recommended. Therefore, the medication is not recommended.

TOPICAL COMPOUND MEDICATION: TRAMADOL/GABAPENTIN/MENTHOL/CAMPBOR/CAPSAICIN, DATE OF SERVICE 08/01/2013: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 105 and Topical Analgesics, page 111-113..

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-112.

Decision rationale: Tramadol/Gabapentin /Menthol/Camphor/Capsaicin is contained in this compound medication. Topical analgesics are recommended for neuropathic pain when anticonvulsants and antidepressants have failed. Compounded topical analgesics are commonly prescribed and there is little to no research to support the use of these compounds. Furthermore, the guidelines state that "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." Tramadol is a synthetic opioid affecting the central nervous system. It has several side effects, which include increasing the risk of seizure in patients taking other antidepressants and other opioids. It is not recommended as a topical preparation. Gabapentin is an anti-epilepsy drug. It is not recommended. There is no peer-reviewed literature to support use. There are no guidelines present for Menthol or Camphor. The lack of evidence does not allow determination of efficacy or safety. Capsaicin is recommended only as an option in patients who have not responded or cannot tolerate other treatments. It is recommended for osteoarthritis, fibromyalgia, and chronic non-specific back pain and is considered experimental in high doses. This compound medication contains drugs that are not recommended. Therefore, the medication is not recommended.

TOPICAL COMPOUND MEDICATION: FLURBIPROFEN/CYCLOBENZAPRINE, DATE OF SERVICE 08/02/2013: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 105 and Topical Analgesics, page 111-113..

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-112.

Decision rationale: Flurbiprofen/Cyclobenzaprine is a topical compound medication containing Flurbiprofen and Cyclobenzaprine. Topical analgesics are recommended for neuropathic pain when anticonvulsants and antidepressants have failed. Compounded topical analgesics are commonly prescribed and there is little to no research to support the use of these compounds. Furthermore, the guidelines state that "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." Topical NSAIDs have been shown to be superior to placebo in the treatment of osteoarthritis, but only in the short term and not for extended treatment. The effect appears to diminish over time. Absorption of the medication can occur and may have systemic side effects comparable to oral form. Adverse effects for GI toxicity and renal function have been reported. It has not been evaluated for treatment of the spine, hip, or shoulder. Flurbiprofen is a non-steroidal anti-inflammatory drug (NSAID). Flurbiprofen is recommended as an oral agent for the treatment of osteoarthritis and the treatment of mild to moderate pain. It is not recommended as a topical preparation. Cyclobenzaprine is a muscle relaxant. There is no evidence for use of any muscle relaxant as a topical product. This compound medication does not contain drugs that are recommended. Therefore, the medication is not recommended.

**TOPICAL COMPOUND MEDICATION:
TRAMADOL/GABAPENTIN/MENTHOL/CAMPHOR/CAPSAICIN, DATE OF
SERVICE 08/02/2013:** Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-112.

Decision rationale: Tramadol/Gabapentin /Menthol/Camphor/Capsaicin is contained in this compound medication. Topical analgesics are recommended for neuropathic pain when anticonvulsants and antidepressants have failed. Compounded topical analgesics are commonly prescribed and there is little to no research to support the use of these compounds. Furthermore, the guidelines state that "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." Tramadol is a synthetic opioid affecting the central nervous system. It has several side effects, which include increasing the risk of seizure in patients taking other antidepressants and other opioids. It is not recommended as a topical preparation. Gabapentin is an anti-epilepsy drug. It is not recommended. There is no peer-reviewed literature to support use. There are no guidelines present for Menthol or Camphor. The lack of evidence does not allow determination of efficacy or safety. Capsaicin is recommended only as an option in patients who have not responded or cannot tolerate other treatments. It is recommended for osteoarthritis, fibromyalgia, and chronic non-specific back

pain and is considered experimental in high doses. This compound medication contains drugs that are not recommended. Therefore, the medication is not recommended.

TOPICAL COMPOUND MEDICATION:
AMTRIPTYLINE/DEXTROMETHORPHAN/TRAMADOL, DATE OF SERVICE
08/01/2013-08/02/2013: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-112.

Decision rationale: Amitriptyline, Dextromethorphan, and Tramadol are contained in this compound medication. Topical analgesics are recommended for neuropathic pain when anticonvulsants and antidepressants have failed. Compounded topical analgesics are commonly prescribed and there is little to no research to support the use of these compounds. Furthermore, the guidelines state that "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." Amitriptyline is a tricyclic antidepressant. Tricyclic antidepressants are generally considered a first-line agent unless they are ineffective, poorly tolerated, or contraindicated. Analgesia generally occurs within a few days to a week, whereas antidepressant effect takes longer to occur. Tricyclic antidepressants are not recommended as topical agents. Dextromethorphan is a cough suppressant. There are no guidelines present for Dextromethorphan. The lack of evidence does not allow for determination of efficacy or safety. Tramadol is a synthetic opioid affecting the central nervous system. It has several side effects, which include increasing the risk of seizure in patients taking other antidepressants and other opioids. It is not recommended as a topical preparation. This compound medication does not containing drugs that are recommended. Therefore, the medication is not recommended.