

Case Number:	CM13-0035456		
Date Assigned:	02/05/2014	Date of Injury:	06/10/2005
Decision Date:	04/24/2014	UR Denial Date:	09/24/2013
Priority:	Standard	Application Received:	10/17/2013

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 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 45 year old male with a date of injury on 06/10/2005. He has a history of back pain, depression and has a spinal cord stimulator. He ambulated with a cane. On 07/22/2013 he weighed 239 pounds. Straight leg raising was positive. The request is for a second weight loss program.

IMR ISSUES, DECISIONS AND RATIONALES

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

SECOND WEIGHT LOSS SERIES: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation J Am Diet Assoc. 2007 Oct; 107(10):1755-67. Weight-loss outcomes: a systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up. Franz MJ, VanWormer JJ, Crain AJ, Boucher JL, Histon T, Caplain W, Bowman JD, Pronk NP. Source

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition. 2011.

Decision rationale: The MTUS, ACOEM and Official Disability Guidelines do not mention weight loss programs as part of a treatment for any of this patient's injuries. According to the

medical records provided for review, the patient already had a weight loss program and this request is for a second program. There is no documentation that the patient tried to maintain any previous weight loss. Except for bariatric surgery, there is no special board certification or fund of knowledge that is needed for a weight loss program that can not be provided by his physician who is his primary care injury physician. A second weight loss program is not medically necessary and appropriate.