

Case Number:	CM13-0036513		
Date Assigned:	12/13/2013	Date of Injury:	02/28/2012
Decision Date:	01/30/2014	UR Denial Date:	10/14/2013
Priority:	Standard	Application Received:	10/21/2013

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 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 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 44 year old female with history of injury on 2/28/12. She was seen by a medical doctor on 10/1/13. Diagnoses include Left knee degenerative disease, GI reflux, arthritis, hyperlipidemia, and hypertension. Her BP was 160/100 on that visit. Medications included lisinopril 20mg/day, and p.r.n. Motrin and Tylenol. Patient has family history of cardiovascular accident, coronary artery disease, and hypertension (HTN). The medical doctor ordered an increase of Lisinopril to 40mg/day. UR denied this 10/14/13. An appeal was made 10/17/13.

IMR ISSUES, DECISIONS AND RATIONALES

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

Lisinopril 40mg (thru Express Scripts 800-945-5951): 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 Physician's Desk Reference (PDR).

Decision rationale: Regarding Lisinopril, the PDR states that indications for this drug include Treatment of HTN alone as initial therapy or concomitantly with other classes of antihypertensive agents. In patients with uncomplicated essential hypertension not on diuretic therapy, the recommended initial dose is 10 mg once a day. Dosage should be adjusted according

to blood pressure response. The usual dosage range is 20 to 40 mg per day administered in a single daily dose. Based on these guidelines, it is not unreasonable to increase the medication dose in response to the high blood pressure reading.