

Case Number:	CM13-0037562		
Date Assigned:	05/05/2014	Date of Injury:	02/07/2011
Decision Date:	07/09/2014	UR Denial Date:	10/16/2013
Priority:	Standard	Application Received:	10/23/2013

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 Occupational 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 claimant was injured on 02/07/11. A weight management program has been requested and denied and is under appeal. The review indicates there was limited information regarding self-management of weight loss. When this program was requested, the claimant had recently had a baby. Her pre-baby weight was 212 pounds and post baby weight was 231 pounds. She had a low back injury and has had extensive treatment including injections. She has required ongoing use of medications for pain. She is 5 feet 4 inches and 198 pounds. She has also been treated for depression, anxiety, and PTSD. She has had some psychological treatments. There was no evidence that the psychologist addressed issues that may be related to her obesity. She has had multiple procedures and extensive treatments.

IMR ISSUES, DECISIONS AND RATIONALES

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

WEIGHT MANAGEMENT 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: Fitch A, Everling L, Fox C, Goldberg J, Heim C, Johnson K, Kaufman T, Kennedy E, Kestenbaum C, Lano M, Leslie D, Newell T, O'Connor P, Slusarek B, Spaniol A, Stovitz S,

Webb B. Prevention and management of obesity for adults. Bloomington (MN): Institute for Clinical Systems Improvement (ICSI); 2013 May.

Decision rationale: The history and documentation do not objectively support the request for a weight management program. The ICSI state that weight loss can be managed by clinicians and the 5 A's should be addressed during initial phases of counseling and guidance. They include the following: The clinician should follow the 5 A's (Ask, Advise, Assess, Assist, Arrange). Clinician intervention can be effective and influential, and successful management is possible. a.ASK about weight, measure height and weight and calculate BMI. b.ADVISE to lose weight. In a clear, strong, but sensitive and personalized manner, urge every overweight or obese patient to lose weight. c.ASSESS readiness to lose weight. Ask every overweight or obese patient if he or she is ready to make a weight loss attempt at the time (e.g., within the next 30 days). d.ASSIST in weight-loss attempt. Help the patient with a weight loss plan. Refer to appropriate resources e.ARRANGE follow-up. Schedule follow-up contact, either in person or via telephone. There is no evidence that these criteria have been addressed and monitored and the claimant failed to lose weight and needs a more intensive program with a dietary counselor other than the provider on this case. Typically, patients are advised on dietary guidelines, exercise, etc. and can make an attempt to lose weight. There is no evidence that the claimant has received basic counseling about weight loss. Also, it is not clear whether her psychological treatment has been successful and has also been addressed as to an association with her weight. The medical necessity of this request for a weight management program has not been demonstrated. The request is not medically necessary and appropriate.