

Case Number:	CM13-0045784		
Date Assigned:	12/27/2013	Date of Injury:	05/31/2006
Decision Date:	05/26/2014	UR Denial Date:	10/07/2013
Priority:	Standard	Application Received:	10/28/2013

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 Anesthesiology, has a subspecialty in Pain Management, 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 an employee of [REDACTED] and has submitted a claim for chronic cervical strain, cervical disc disease, bilateral carpal tunnel syndrome, left ulnar neuropathy, GERD, and sleep disorder associated with an industrial injury date of 05/31/2006. Treatment to date has included physical therapy, acupuncture, left and right ulnar transposition (epicondylectomy) in March 2007 and July 2007, cervical epidural steroid injection, and medications. Utilization review from 10/07/2013 denied the request for Sentra PM because medical records did not establish that the patient has a disease with distinct nutritional requirements or amino acid or neurotransmitter precursor deficiency which would warrant prescription of medical foods. Medical records from 2013 were reviewed with the most recent progress report, dated 09/17/2013 showing that patient has been complaining of chronic worsening periumbilical pain secondary to constipation. Patient also complained of worsening acid reflux and anal pain. She likewise noted difficulty with sleep quality. Physical examination showed soft abdomen, normoactive bowel sounds without any report of tenderness. On the other hand, a progress report, dated 08/19/2013, showed that patient was complaining of neck pain radiating to bilateral shoulders graded 8/10 and alleviated to 5/10 upon intake of medications. Objective findings showed moderate reduction of the cervical spine range of motion secondary to pain. There was likewise tenderness noted at C5-C7. Sensory examination was decreased at C6-C7 dermatomes. Current medications include Dexilant, Gaviscon, Amitiza, Citrucel, Colace, probiotics, Preparation H cream, and Sentra PM.

IMR ISSUES, DECISIONS AND RATIONALES

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

SENTRA PM: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) TWC. 2013, Pain Medical Foods

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation OFFICIAL DISABILITY GUIDELINES (ODG) PAIN CHAPTER

Decision rationale: CA MTUS does not address this medication. The ODG Pain Chapter stated that Sentra PM is a medical food intended for use in management of sleep disorders associated with depression, which is a proprietary blend of choline bitartrate, glutamate, and 5-hydroxytryptophan. There is no known medical need for choline supplementation except for the case of long-term parenteral nutrition or for individuals with choline deficiency secondary to liver deficiency. Glutamic Acid is used for treatment of hypochlohydria and achlorhydria including those for impaired intestinal permeability, short bowel syndrome, cancer and critical illnesses. 5-hydroxytryptophan has been found to be possibly effective in treatment of anxiety disorders, fibromyalgia, obesity and sleep disorders. In this case, the indication for the prescription of this medication was not found in any documentation. There was no evidence suggesting that the patient has nutritional requirements or amino acid deficiency that would necessitate this medication. Furthermore, the request did not specify the quantity to be dispensed. Therefore, the request for Sentra PM is not medically necessary.