

Case Number:	CM13-0045868		
Date Assigned:	12/27/2013	Date of Injury:	01/23/2012
Decision Date:	03/13/2014	UR Denial Date:	09/25/2013
Priority:	Standard	Application Received:	10/28/2013

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 Physical Medicine and Rehabilitation and is licensed to practice in Illinois. 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 45-year-old female who reported an injury on 01/23/2012. The mechanism of injury was noted to be that the patient had a fall down some stairs. The patient was noted to have an excessive weight gain of 65 pounds, the patient's diagnoses were noted to include right ankle incision and drainage, excessive weight gain, left upper extremity compression neuropathy, rule out right hip internal derangement and status post arthroscopy on 01/20/2013. There was surgery on 06/14/2013, 08/02/2013, and 08/19/2013. The request was made for a weight loss program and a psychologist/psychiatrist consult.

IMR ISSUES, DECISIONS AND RATIONALES

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

Weight loss program: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation NHLBI Obesity Education Initiative Expert Panel on the Identification, Evaluation, and Treatment of Obesity in Adults (US), Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. Bethesda (MD)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Wing, Rena R & Phelan, Suzanne. Long-term weight

loss maintenance. Am J Clin Nutr 2005 82: 222S-225.
<http://ajcn.nutrition.org/content/82/1/222S.full>

Decision rationale: Per Wing, et. al. (2005), "Findings from the registry suggest six key strategies for long-term success at weight loss: 1) engaging in high levels of physical activity; 2) eating a diet that is low in calories and fat; 3) eating breakfast; 4) self-monitoring weight on a regular basis; 5) maintaining a consistent eating pattern; and 6) catching "slips" before they turn into larger regains...Initiating weight loss after a medical event may also help facilitate long-term weight control". Clinical documentation submitted for review indicated that the patient had an excessive weight gain of greater than 65 pounds. However, as the patient's injury was noted to be on 01/23/2012, there was a lack of documentation indicating that the patient had been eating a diet that was low in calories and fat, and self-monitoring weight on a regular basis. There was a lack of documentation indicating that the length of time it took the patient to gain greater than 65 pounds and the patient's current weight. There was a lack of documentation indicating the duration of the weight loss program. Given the above, and the lack of documentation of exceptional factors, the request for a weight loss program is not medically necessary.

Psychologist/psychiatrist consultation: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines. Decision based on Non-MTUS Citation Official Disability Guidelines: Work Loss Data Institute, LLC, www.odg-twc.com: Section: Stress/Mental

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Ongoing Management Page(s): 78.

Decision rationale: The Chronic Pain Guidelines recommend considering a psych consult if there is evidence of depression, anxiety, or irritability. Clinical documentation submitted for review failed to indicate that the patient had subjective signs or symptoms of depression, anxiety, or irritability. Given the above, the request for psychologist/psychiatrist consultation is not medically necessary.