

<b>Case Number:</b>	CM13-0048072		
<b>Date Assigned:</b>	12/27/2013	<b>Date of Injury:</b>	04/22/2013
<b>Decision Date:</b>	09/10/2014	<b>UR Denial Date:</b>	10/22/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/04/2013

### 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 Physical Medicine and Rehabilitation, has a subspecialty in Pain 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:

This patient sustained a cumulative trauma injury on 4/22/13 while employed by [REDACTED]. Request under consideration include Retrospective (filled 9/13/13) Topical Compound/Capsaicin, 0.375%/Menthol 10% Camphor 2.5% Tramadol 20%:, Compound Flurbiprofen 25%/Diclofenac 10%, and Compound Prescription Strazepam Sentra PM and Temazepam and Theraproxen-500. Diagnoses list sprain of neck. Medications list Ultracet, Relafen. Conservative care has included medications, chiropractic manipulative therapy/PT, and extensive time off from work. Report of 9/3/13 from the provider noted the patient with persistent neck and shoulder pain. The patient reported taking Relafen and Ultracet for pain relief. Exam showed diffuse decreased in range of motion in the cervical spine with intact shoulder range and motor strength of 5/5 in the upper extremities. Treatment included multiple topical compounds, PT, Interferential unit and the patient to remain total temporary disabled (TTD). The request for Topical Compound/Capsaicin, 0.375%/Menthol 10% Camphor 2.5% Tramadol 20%:, Compound Flurbiprofen 25%/Diclofenac 10%, and Compound Prescription Strazepam Sentra PM and Temazepam and Theraproxen-500 were non-certified on 10/22/13 citing guidelines criteria and lack of medical necessity.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**RETROSPECTIVE REQUEST (DOS: 9/13/13) FOR COMPOUNDED: CAPSAICIN .0375%, MENTHOL 10%, CAMPHOR 2.5%, TRAMADOL 20%: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, page(s) 111-113, Largely experimental in use with few randomized controlled trials to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) Page(s): 111-113.

**Decision rationale:** This patient sustained a cumulative trauma injury on 4/22/13 while employed by [REDACTED]. Request under consideration include Retrospective (filled 9/13/13) Topical Compound/Capsaicin, 0.375%/Menthol 10% Camphor 2.5% Tramadol 20%:, Compound Flurbiprofen 25%/Diclofenac 10%, and Compound Prescription Strazepam Sentra PM and Temazepam and Theraproxen-500. Diagnoses list sprain of neck. Medications list Ultracet, Relafen. Conservative care has included medications, chiropractic manipulative therapy/PT, and extensive time off from work. Report of 9/3/13 from the provider noted the patient with persistent neck and shoulder pain. The patient reported taking Relafen and Ultracet for pain relief. Exam showed diffuse decreased in range of motion in the cervical spine with intact shoulder range and motor strength of 5/5 in the upper extremities. Treatment included multiple topical compounds, PT, Interferential unit and the patient to remain total temporary disabled (TTD). The request for Topical Compound/Capsaicin, 0.375%/Menthol 10% Camphor 2.5% Tramadol 20%:, Compound Flurbiprofen 25%/Diclofenac 10%, and Compound Prescription Strazepam Sentra PM and Temazepam and Theraproxen-500 were non-certified on 10/22/13. It is not clear why the patient is being prescribed Ultracet orally and Tramadol topical concurrently. Per the MTUS Chronic Pain Guidelines, the efficacy in clinical trials for topical analgesic treatment modality has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. There is little evidence to utilize topical compound analgesic over oral NSAIDs or other pain relievers for a patient with spinal and joint pain without contraindication in taking oral medications taking Relafen and Ultracet. Submitted reports have not adequately demonstrated the indication or medical need for this topical analgesic for this chronic injury of April 2013 without documented functional improvement from treatment already rendered. The Compound/Capsaicin, 0.375%/Menthol 10% Camphor 2.5% Tramadol 20% is not medically necessary and appropriate.

**RETROSPECTIVE REQUEST (DOS: 9/13/13) FOR COMPOUNDED FLURBIPROFEN 25%, DICLOFENAC 10%:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, page(s) 111-113, Largely experimental in use with few randomized controlled trials to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) Page(s): 111-113.

**Decision rationale:** It is not clear why the patient is being Relafen and topical Diclofenac, another NSAID concurrently. Per the MTUS Chronic Pain Guidelines, the efficacy in clinical trials for topical analgesic treatment modality has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. There is little evidence to utilize topical compound analgesic over oral Tylenol or NSAIDs or other pain relievers for a patient with spinal and joint pain without contraindication in taking oral medications taking Relafen and Ultracet. Submitted reports have not adequately demonstrated the indication or medical need for this topical analgesic for this chronic injury of April 2013 without documented functional improvement from treatment already rendered. The Compound Flurbiprofen 25%/Diclofenac 10% is not medically necessary and appropriate.

**RETROSPECTIVE REQUEST (DOS: 9/13/13) FOR COMPOUNDED MEDICATION: STRAZEPAM (SENTRA PM AND TEMAZAPAM):** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, page(s) 111-113, Largely experimental in use with few randomized controlled trials to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) Page(s): 111-113.

**Decision rationale:** It is not clear why the patient is being prescribed Ultracet orally and Tramadol topical concurrently along with Relafen and topical Diclofenac, another NSAID. Per MTUS Chronic Pain Guidelines, the efficacy in clinical trials for topical analgesic treatment modality has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. There is little evidence to utilize topical compound analgesic over oral NSAIDs or other pain relievers for a patient with spinal and joint pain without contraindication in taking oral medications taking Relafen and Ultracet. Submitted reports have not adequately demonstrated the indication or medical need for this topical analgesic for this chronic injury of April 2013 without documented functional improvement from treatment already rendered. Guidelines do not recommend long-term use of muscle relaxant and topical formulation has no added functional benefit. The Compound Prescription Strazepam Sentra PM and Temazepam is not medically necessary and appropriate.

**RETROSPECTIVE REQUEST (DOS: 9/13/13) FOR COMPOUNDED THERAPROXEN (THERAMINE AND NAPROSYN)- 500:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, page(s) 111-113, Largely experimental in use with few randomized controlled trials

to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) Page(s): 111-113.

**Decision rationale:** It is not clear why the patient is being prescribed Ultracet orally and Tramadol topical concurrently along with Relafen and topical Diclofenac, another NSAID. Per MTUS Chronic Pain Guidelines, the efficacy in clinical trials for topical analgesic treatment modality has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. There is little evidence to utilize topical compound analgesic over oral NSAIDs or other pain relievers for a patient with spinal and joint pain without contraindication in taking oral medications taking Relafen and Ultracet. Submitted reports have not adequately demonstrated the indication or medical need for this topical analgesic for this chronic injury of April 2013 without documented functional improvement from treatment already rendered. Guidelines do not recommend long-term use of muscle relaxant and topical formulation has no added functional benefit. The Compound Prescription Strazepam Sentra PM and Temazepam and Theraproxen-500 is not medically necessary and appropriate.