

Case Number:	CM13-0048394		
Date Assigned:	12/27/2013	Date of Injury:	03/01/2013
Decision Date:	02/21/2014	UR Denial Date:	07/16/2013
Priority:	Standard	Application Received:	11/06/2013

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 licensed in Psychology 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 is a 46 year-old female with a date of injury of 3/1/13. According to the medical reports, the claimant sustained orthopedic injuries while working for [REDACTED], [REDACTED] and sustained pain in her neck, left shoulder, elbow/forearm, wrist/hand, and low back. She has been treated via physical therapy, chiropractic, acupuncture, injection, and medication management. In his note dated 11/22/13, [REDACTED] diagnosed the claimant with the following: (1) Cervical spine sprain/strain, with myofasciitis; (2) left shoulder sprain/strain, with bursitis and probable impingement; (3) left shoulder acromioclavicular joint arthropathy; (4) right shoulder sprain/strain, secondary to overcompensation; (5) left elbow epicondylitis; (6) left elbow mild to moderate common flexor tendinosis medial epicondyles, possible ulnar nerve neuritis, small to moderate joint effusion, and mild to moderate distal triceps tendinosis, per review of MRI report 6/14/13 in [REDACTED] report of 6/18/13; (7) left upper extremity paresthesias; (8) lumbosacral sprain/strain, chronic, with myofasciitis; and (9) sleep disorder, possible.

IMR ISSUES, DECISIONS AND RATIONALES

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

. Psychiatric consultation: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine, Chapter 7, page 127.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress Chapter

Decision rationale: The California MTUS does not have appropriate guidelines regarding psychiatric evaluations. The medical records offered for review are minimal and do not provide any information regarding the need for a psychiatric evaluation/consultation. There are no psychiatric symptoms described in reference to the claimant and her injuries. The Official Disability Guidelines recommend office visits as long as they are determined to be medically necessary. The guidelines further state that evaluation and management (E&M) outpatient visits to the offices of medical doctor(s) play a critical role in the proper diagnosis and return to function of an injured worker, and they should be encouraged. The need for a clinical office visit with a health care provider is individualized based upon a review of the patient concerns, signs and symptoms, clinical stability, and reasonable expert judgment. Despite the fact that office visits are recommended, there needs to be a reason as to why they are being requested. In this case, there is no documentation provided to support the need for a psychiatric evaluation. As a result, the request for a psychiatric consult is not medically necessary or appropriate at this time.