

Case Number:	CM13-0048694		
Date Assigned:	12/27/2013	Date of Injury:	12/07/2012
Decision Date:	03/12/2014	UR Denial Date:	10/23/2013
Priority:	Standard	Application Received:	11/06/2013

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 Internal and Emergency Medicine and is licensed to practice in Florida. 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:

This patient is a 50 year old female with a date of injury of 12/07/12. The injury has been described as psychological changes related to a hostile work environment. Psychiatric evaluations associated with the request for services, dated 05/28/13 and 08/20/13, identified subjective complaints of worthlessness, anxiety, loss of concentration, headaches, sadness, and no motivation. Objective findings included a depressed mood. She was tearful and labile. The severity of her psychological symptoms was listed as notably mild. Diagnoses included depressive disorder, not otherwise specified with anxious features. No cognitive or behavioral therapy was described. Her Celexa was increased to 20 mg per day on the May visit. On the August visit, she noted better sleep, less anxiety, and less reactivity on the Celexa. It was noted that she was still tearful and crying. A Utilization Review determination was rendered on 10/23/13 recommending non-certification of "Citalopram 20 mg #30".

IMR ISSUES, DECISIONS AND RATIONALES

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

Citalopram 20 mg #30: Upheld

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

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 &

Stress, Antidepressants; Antidepressants for Treatment of MDD; UpToDate: Unipolar minor depression in adults: Management and treatment.

Decision rationale: Citalopram (Celexa) is an SSRI class antidepressant. The California Medical Treatment Utilization Schedule (MTUS) does not address depression. The Official Disability Guidelines (ODG) state that cognitive and behavioral therapy are recommended and are standard treatment for mild presentation of major depressive disorders. They may be used in combination with antidepressant medications or alone. The Guidelines further note that antidepressants are recommended, although generally not as stand-alone treatment. They are recommended for initial treatment of major depressive disorders that are moderate, severe, or psychotic. They state that antidepressants offer significant benefit in the treatment of the severest depressive symptoms, but may have little or no therapeutic benefit over and above placebo in patients with mild to moderate depression. Authoritative sources such as UpToDate state that "treatment of minor depression with antidepressant medication monotherapy is generally not recommended." There appears to be no absolute advantage of the reuptake inhibitors versus tricyclic antidepressants. In this case, the record implies that the patient has minor depression and there is no documentation of major depression. Therefore, there is no documentation for the medical necessity of citalopram monotherapy in this case