

<b>Case Number:</b>	CM13-0053530		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	02/20/2008
<b>Decision Date:</b>	04/03/2014	<b>UR Denial Date:</b>	11/13/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/18/2013

### 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 Occupational 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 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 applicant is a represented [REDACTED] employee who has filed a claim for thoracic outlet syndrome, complex regional pain syndrome, major depressive disorder, anxiety disorder, tension headaches, and depression reportedly associated with an industrial injury of February 20, 2008. Thus far, the applicant has been treated with the following: Analgesic medications; adjuvant medications; psychotropic medication; sleep aids; and topical compounds. In a Utilization Review Report of November 13, 2013, the claims administrator approved request for Lexapro, Lyrica, Cymbalta, Desyrel, and Zyprexa while denying a topical compound and Ambien. The applicant's attorney subsequently appealed. A clinic progress note of October 17, 2013 is notable for comments that the applicant underwent surgery for thoracic outlet syndrome on August 2, 2010. The applicant is presently on Hydrocodone, Lexapro, Lyrica, Cymbalta, Desyrel and Zyprexa. The applicant is off of work, on total temporary disability. The applicant is asked to employ Ambien for sleep disturbance and try and try and obtain topical compounds while remaining off of work, on total temporary disability.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**LIDOCAINE 3%/GABAPETIN 5% TOPICAL BID PRN #60 GRAMS:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 112-113.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-113.

**Decision rationale:** As noted on page 113 of the MTUS Chronic Pain Medical Treatment Guidelines, gabapentin is not recommended for topical compound formulation purposes. The unfavorable recommendation on gabapentin results in the entire compound's carrying an unfavorable recommendation, per page 111 of the MTUS Chronic Pain Medical Treatment Guidelines. Accordingly, the request is not certified, on Independent Medical Review.

**AMBIEN 12.5 MG #30:** 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) Pain Chapter.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chronic Pain Chapter, Zolpidem topic

**Decision rationale:** The MTUS does not address the topic. As noted in the ODG Chronic Pain Chapter Zolpidem topic, Zolpidem or Ambien is indicated in the short-term treatment of insomnia, typically on the order of two to six weeks. It is not recommended on the chronic, long-term, and/or scheduled use purpose for which is being proposed here. Therefore, the request is not certified owing to the unfavorable guideline recommendation.