

<b>Case Number:</b>	CM13-0055190		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	11/28/2006
<b>Decision Date:</b>	03/13/2014	<b>UR Denial Date:</b>	10/31/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/20/2013

### 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 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 claimant is a 50 year-old male (██████████) with a date of injury of 11/28/06. According to medical reports, the claimant sustained injuries to his body and his psyche when he was robbed at gunpoint while working as a packer for a mailing/shipping store for ██████████. It is reported that he was "assaulted with a handgun, beaten with the stock of the firearm, thrown to the floor at gun point, and was thrown against the pavement injuring the front of his head several times along with other parts of his body." In her PR-2 report dated 10/10/13, ██████████ diagnosed the claimant with Post traumatic stress disorder and Major depressive disorder, with suicidal ideation, with psychotic features. He has been treated via medications, individual psychotherapy, and group therapy.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Retrospective Group Psychotherapy 1xweek x 10 weeks:** 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) Mental Illness and Stress Chapter, Online Edition

**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: Group therapy- PTSD psychotherapy interventions

**Decision rationale:** The CA MTUS does not address the treatment of PTSD therefore, the Official Disability Guidelines regarding the use of group therapy for PTSD and the psychotherapy interventions for PTSD will be used as references for this case. Based on the review of the medical records, it appears that the claimant has been receiving psychological services from [REDACTED] since her initial evaluation on 12/24/10. The ODG states that "extremely severe cases of combined depression and PTSD may require more sessions if documented that CBT is being done and progress is being made. Psychotherapy lasting for at least a year, or 50 sessions, is more effective than shorter-term psychotherapy for patients with complex mental disorders, according to a meta-analysis of 23 trials." It is unclear as to how many psychotherapy services the claimant has received total since the end of 2010. In her most recent PR-2 report dated 10/10/13, [REDACTED] reports that the claimant "appears fatigued and frustrated. However, his efforts in maintaining a healthier mood are improving.' Despite this report, there is very little objective evidence demonstrating that progress is being made and that continued therapy is warranted. The claimant has had over 3 years of combined individual and group therapy in addition to psychopharmacological management. In order for continued services to be offered, there needs to be more information to support the request. As a result, the request for "Retrospective Group Psychotherapy 1xweek x 10 weeks" is not medically necessary.