

<b>Case Number:</b>	CM13-0055255		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	02/13/2012
<b>Decision Date:</b>	05/08/2014	<b>UR Denial Date:</b>	10/23/2013
<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 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 Interventional Spine, 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 presents with stress, anxiety, and sleep issues. The treater is requesting patient be evaluated by a psychologist for these issues. Utilization review dated 10/23/2013 denied the request stating that patient had prior psychological treatment back in 2012. These psychological reports were not provided for review. ACOEM Practice Guidelines has the following: "The occupational health practitioner may refer to other specialists if a diagnosis is uncertain or extremely complex, when psychosocial factors are present, or when the plan or course of care may benefit from additional expertise." ACOEM guidelines further states, referral to a specialist is recommended to aid in complex issues. In this case, the patient was seen for an initial orthopedic evaluation by [REDACTED] on 09/11/2013. The treater gave a thorough evaluation of the patient, and given the patient's psychological issues, requested a referral for a psyche evaluation. Although the patient's psychological treatment history is unclear, MTUS supports psychological evaluation for management of chronic pain. Recommendation is for an authorization.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Evaluation/treatment with a psychologist:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 100-101.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine, 2nd Edition 2004, Page 127.

**Decision rationale:** This patient presents with stress, anxiety, and sleep issues. The treater is requesting patient be evaluated by a psychologist for these issues. Utilization review dated 10/23/2013 denied the request stating that patient had prior psychological treatment back in 2012. These psychological reports were not provided for review. ACOEM Practice Guidelines has the following: "The occupational health practitioner may refer to other specialists if a diagnosis is uncertain or extremely complex, when psychosocial factors are present, or when the plan or course of care may benefit from additional expertise." ACOEM guidelines further states, referral to a specialist is recommended to aid in complex issues. In this case, the patient was seen for an initial orthopedic evaluation by [REDACTED] on 09/11/2013. The treater gave a thorough evaluation of the patient, and given the patient's psychological issues, requested a referral for a psyche evaluation. Although the patient's psychological treatment history is unclear, MTUS supports psychological evaluation for management of chronic pain. Recommendation is for an authorization.