

Case Number:	CM13-0061027		
Date Assigned:	12/30/2013	Date of Injury:	10/23/2003
Decision Date:	05/30/2014	UR Denial Date:	11/25/2013
Priority:	Standard	Application Received:	12/04/2013

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, and is licensed to practice in Illinois. 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 injured worker is a 39 year old female who reported an injury on 2/23/03 secondary to an unknown mechanism of injury. The injured worker underwent the following surgeries: left knee arthroscopy in November 2003, left arthroscopic anterior cruciate ligament repair in January 2006, and right knee arthroscopy on 4/10/08. She was evaluated on 11/22/13 and reported bilateral knee pain, weakness, and decreased range of motion. She also reported increased symptoms with weight-bearing activities. On physical examination, the injured worker was noted to have atrophy of the left vastus medial obliques muscle and slight diffuse swelling in the medial joint and patellar joint line. She was also noted to have tenderness to palpation over the medial joint line, patellofemoral crepitus bilaterally, and a positive patellofemoral compression test bilaterally. Medications were noted to include Indocin 25mg 2-4 times daily, Robaxin two times daily, and Prilosec. The injured worker reported that Indocin increased her ability to walk and clean. The injured worker had used those three medications since 10/18/13, according to the documentation provided for review.

IMR ISSUES, DECISIONS AND RATIONALES

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

INDOCIN 25MG #60: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 72. Decision based on Non-MTUS Citation Official Disability Guidelines.

Decision rationale: The California MTUS Chronic Pain Medical Treatment Guidelines recommended that the lowest effective dose be used for all NSAIDs for the shortest duration of time. Guidelines state that the usual length of therapy with Indocin is 7-14 days. The Official Disability Guidelines do not recommend the use of Indocin, stating that it is an older, rather toxic drug, and the evidence on cardiovascular risk should cast doubt on its continued clinical use. The injured worker has used Indocin and Robaxin since 10/18/13 per the documentation submitted for review. Although the injured worker reported that the Indocin increased her ability to perform the activities of walking and cleaning, there is not sufficient evidence to indicate that this improvement is not an effect of the Robaxin which she has been taking concurrently. There is also no documentation of quantifiable pain relief in the information provided for review. Additionally, the injured worker had been using Indocin for approximately a month at the time of request, which is excessive based on the guideline recommendations, especially since this medication may pose a significant health risk. As such, the request for Indocin is not medically necessary.