

<b>Case Number:</b>	CM13-0061079		
<b>Date Assigned:</b>	01/15/2014	<b>Date of Injury:</b>	09/18/2000
<b>Decision Date:</b>	05/02/2014	<b>UR Denial Date:</b>	11/14/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	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 Geriatrics and is licensed to practice in New York. 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:

case file, including all medical records: The injured worker reported a date of injury of 9/18/00. He has a history of coronary artery disease with a cardiac stent to the left anterior descending artery in 9/00, GI bleed, diabetes, hypertension and hyperlipidemia. He had a 'ok treadmill' test in 1/08. He was seen by his primary treating physician on 10/30/13. His medications included maxide, norvasc, nitroquick, mevacor, lovaza, metoprolol, aspirin, losartan and deslansoprazole. He had no cardiac symptoms on review of systems. His physical exam showed a blood pressure of 154/80 and pulse of 82 and regular. His BMI was 32.69. His chest was clear, extremities without edema and cardiac exam with regular rate and rhythm. The note indicates that he had chest pain while eating and he should have a treadmill test to check on his stents. The treadmill test is at issue in this review.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**TREADMILL STRESS TEST:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Stress testing to determine prognosis and management of patients with known or suspected coronary heart disease.

**Decision rationale:** This injured worker has a history of known coronary artery disease with stenting in 2000 and 'ok treadmill' testing in 2008. His physician is requesting a treadmill stress test due to an episode of chest pain while eating. There are no other cardiac symptoms documented in the chart and no recent cardiac studies such as echocardiogram or EKG. The two primary indications for stress testing for prognosis include the initial evaluation for possible angina and after a significant change in cardiac symptoms, neither of which are documented in this worker. It is also not clear that the pain while eating was of a cardiac nature. Though he has known cardiac disease and coronary artery disease risk factors, further delineation of his symptoms and evaluation with EKG would be the first steps prior to exercise treadmill testing.