

<b>Case Number:</b>	CM13-0061784		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	05/22/2005
<b>Decision Date:</b>	03/28/2014	<b>UR Denial Date:</b>	11/22/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/05/2013

### 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 Psychiatry, 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 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 64-year-old woman with a date of injury of 5/22/2005 with psychiatric diagnosis of Major Depressive Disorder. On 8/7/2013 she was noted to be feeling "okay" with mood being euthymic and reactive. The plan was for her to continue on Cymbalta 90mg qd, Wellbutrin XL 300mg qd (as well as Neurontin and Vicodin from her pain doctor) and she was discharged from the care of her psychiatrist back to her PCP.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Six (6) additional sessions of medication management:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 1068.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 405.

**Decision rationale:** ACOEM Stress related conditions chapter states that the "frequency of follow up visits may be determined by the severity of symptoms whether the patient was referred for further testing and or psychotherapy and whether the patient is missing work." The most recent psychiatric report notes that the patient is doing well: well enough for her primary care physician to continue maintenance management. Following that note there is no chart evidence

of a change in her condition that would warrant re-referral to a psychiatric for medication management. Medication management with a psychiatrist is not indicated and not medically necessary.