

<b>Case Number:</b>	CM13-0068734		
<b>Date Assigned:</b>	01/03/2014	<b>Date of Injury:</b>	10/03/2006
<b>Decision Date:</b>	08/11/2014	<b>UR Denial Date:</b>	11/21/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/19/2013

### 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 Occupational Medicine 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:

The patient is a 51-year-old male who has submitted a claim for Left Carpal Tunnel Syndrome associated with an industrial injury date of October 3, 2006. The medical records from 2008 through 2013 were reviewed, which showed that post-operative therapy was helping the patient. The rest of the subjective and objective findings were unreadable due to illegible handwriting. Treatment to date has included medications, physical therapy, and left carpal tunnel surgery. The Utilization review from November 21, 2013 denied the request for deep vein thrombosis prophylaxis post-operatively.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **DEEP VEIN THROMBOSIS PROPHYLAXIS:** 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 Official Disability Guidelines (ODG) Knee & Leg, Venous Thrombosis.

**Decision rationale:** The California MTUS does not specifically address venous thrombosis. Per the Strength of Evidence hierarchy established by the California Department of Industrial

Relations, Division of Workers' Compensation, and the Official Disability Guidelines (ODG) was used instead. The ODG recommends identifying subjects who are at a high risk of developing venous thrombosis and providing prophylactic measures such as consideration for anticoagulation therapy. Risk factors for venous thrombosis include immobility, surgery, and prothrombotic genetic variants. Current evidence suggests venous thrombosis prophylaxis is needed for patients undergoing orthopedic, general, and cancer surgery procedure for at least 7-10 days. Prophylaxis may be in the form of anticoagulation therapy or mechanical methods. In this case, the medical records showed that the patient underwent carpal tunnel surgery but the date of service was not specified. Furthermore, the present request failed to specify the type and duration of DVT prophylaxis. The request is not specific. Therefore, the request for Deep Vein Thrombosis Prophylaxis is not medically necessary.