

Case Number:	CM13-0068980		
Date Assigned:	05/07/2014	Date of Injury:	07/03/2013
Decision Date:	06/13/2014	UR Denial Date:	11/15/2013
Priority:	Standard	Application Received:	12/20/2013

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 Anesthesiology, has a subspecialty in Pain Management 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:

According to the records made available for review, this is a 38-year-old male with a 7/3/13 date of injury. There is documentation of subjective findings of right elbow pain and muscle spasms, radicular low back pain and muscle spasms. Objective findings of right elbow tenderness at the lateral aspects, positive Cubital Tinel's, 4/5 muscle strength bilateral upper extremities; lumbar spine tenderness to palpation, decreased sensation at the L4, L5, and S1 dermatomes bilaterally, 4/5 muscles strength bilateral lower extremities. Current diagnoses are right elbow sprain/strain, lumbar spine sprain/strain, status post puncture wound of the right leg with residual pain. Treatment to date includes medications, physical therapy, and activity modification. There is no documentation of a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS.

IMR ISSUES, DECISIONS AND RATIONALES

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

2 MONTH SUPPLY OF TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR UNIT: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines TENS, CHRONIC PAIN (TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS) Page(s): 113-117.

Decision rationale: MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of pain of at least three months duration, evidence that other appropriate pain modalities have been tried (including medication) and failed, a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS, as criteria necessary to support the medical necessity of a month trial of a TENS unit. In addition, MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of how often the unit was used, outcomes in terms of pain relief and function, and other ongoing pain treatment during the trial period (including medication use), as criteria necessary to support the medical necessity of continued TENS unit. Within the medical information available for review, there is documentation of diagnoses of right elbow sprain/strain, lumbar spine sprain/strain, status post puncture wound of the right leg with residual pain. In addition, there is documentation of pain of at least three months duration, and evidence that other appropriate pain modalities have been tried (including medication) and failed. However, there is no documentation of a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS. In addition, given that the request is TENS unit 2 month supply, the proposed timeframe exceeds MTUS guidelines (for an initial month trial). Therefore, the request for 2 month supply of transcutaneous electrical nerve stimulator unit is not medically necessary and appropriate.

1 PRIME DUAL TRANSCUTANEOUS ELECTRICAL NERVE STIMULATOR UNIT:
Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
TENS, CHRONIC PAIN (TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
Transcutaneous Electrical Nerve Stimulation (TENS) Page(s): 113-117.

Decision rationale: MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of pain of at least three months duration, evidence that other appropriate pain modalities have been tried (including medication) and failed, a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS, as criteria necessary to support the medical necessity of a month trial of a TENS unit. In addition, MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of how often the unit was used, outcomes in terms of pain relief and function, and other ongoing pain treatment during the trial period (including medication use), as criteria necessary to support the medical necessity of continued TENS unit. Within the medical information available for review, there is documentation of diagnoses of right elbow sprain/strain, lumbar spine sprain/strain, status post puncture wound of the right leg with residual pain. In addition, there is documentation of pain of at least three months duration, and evidence that other appropriate pain modalities have been

tried (including medication) and failed. However, there is no documentation of a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS. In addition, given that the request is TENS unit 2 month supply, the proposed timeframe exceeds MTUS guidelines (for an initial month trial). Therefore, the request for 1 prime dual transcutaneous electrical nerve stimulator unit is not medically necessary and appropriate.