

<b>Case Number:</b>	CM13-0069309		
<b>Date Assigned:</b>	01/03/2014	<b>Date of Injury:</b>	05/30/2002
<b>Decision Date:</b>	05/21/2014	<b>UR Denial Date:</b>	11/21/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	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 licensed in Psychology 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 claimant is a 65 year-old female (DOB 3/28/49) with a date of injury of 5/30/02. The claimant sustained injury to her back while working in the [REDACTED] for [REDACTED]. The mechanism of injury was not found within the records offered for review. In his 12/9/13 PR-2 report, [REDACTED] diagnosed the claimant with: (1) Post laminotomy pain syndrome; (2) Narcotic dependence; and (3) Medication-induced constipation. It is also reported that the claimant struggles with psychiatric symptoms secondary to her work-related orthopedic injuries. In his PR-2 report dated 1/10/14, [REDACTED] diagnosed the claimant with: (1) Major depressive illness versus mood disorder secondary to general medical condition; and (2) Narcotic dependence.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **PSYCHOTHERAPY 30 MINUTES WITH PATIENT AND/ OR FAMILY MEMBER:**

Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation (ODG) Official Disability Guidelines, Mental Illness and Stress Chapter

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress Chapter

**Decision rationale:** Based on the review of the medical records, the claimant has been receiving medication management services from [REDACTED] since October 2012. It also appears that she received some psychotherapy services as there are 4 progress notes from 5/8/13, 5/22/13, 6/5/13 and 6/21/13 but it is unclear as to whether there was any objective functional improvement from those sessions. In his PR-2 report dated 10/15/13, [REDACTED] recommended "Individual therapy as soon as possible. This patient has been advised to pursue individual one-on-one psychotherapy as soon as possible to a therapist closer to her home." He went on to say, "I am also hopeful that providing one-on-one individual psychotherapy will assist her, and this is most necessary but cannot reasonably be obtained in my office given the long distance between where she lives and where I am located." Despite this recommendation, it does not appear that there has been any psychological evaluation/consultation completed that would offer additional diagnostic information and treatment recommendations nor any further psychotherapy treatment. Without a recent evaluation that offers the information mentioned above, the request for additional psychotherapy sessions is premature as the previous sessions did not provide enough evidence for further services and they were completed several months ago. As a result, the request for "psychotherapy 30 minutes with patient and/ or family member" is not medically necessary.