

<b>Case Number:</b>	CM13-0071263		
<b>Date Assigned:</b>	01/08/2014	<b>Date of Injury:</b>	06/26/2013
<b>Decision Date:</b>	04/22/2014	<b>UR Denial Date:</b>	11/26/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/26/2013

### 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 Physical Medicine and Rehabilitation and is licensed to practice in Arizona. 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 62-year-old female, registered nurse by profession, who sustained a work-related injury on 6/26/13 when she was working at the state hospital and was hit in the chest with a wheelchair by the patient. Since then she has developed significant symptoms including neck and upper back pain, low back pain, and shoulder and knee joint pain. She also complained of pain in the feet and chest. She also complained of stress, anxiety, sleep difficulties, increased blood pressure and gastrointestinal upset from stress and pain. Therefore, the treating physician recommended psychiatric, internal medicine or sleep medicine consultation due to the patient's complaints of inability to sleep secondary to stress and anxiety.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **1 Sleep Medicine Consultation:** Overturned

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine (ACOEM) and Occupational Medical Practice Guidelines (OMPG), 2nd Edition, 2004, Chapter 7, page 127

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine (ACOEM), 2nd Edition, (2004), pages 233/611

**Decision rationale:** Given the type of injury and the circumstances, if this patient is suffering from significant sleep disorder causing physical problems such as elevated blood pressure, stress and anxiety, a psychiatric consultation is reasonable. It is particularly helpful if the treatment would result in functional recovery and returned to work.