

Case Number:	CM14-0001110		
Date Assigned:	01/22/2014	Date of Injury:	10/08/2013
Decision Date:	03/25/2014	UR Denial Date:	12/17/2013
Priority:	Standard	Application Received:	01/03/2014

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 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 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 57 year-old male [REDACTED] with a date of injury of 10/8/13. The claimant sustained injury while employed with [REDACTED]. According to reports, the claimant sustained injury to his psyche when he relocated in order to open a new business for his employer and serve as the general manager. Once there, he was demoted to a restaurant manager whose salary was cut and only paid out if the restaurant earned a profit. The claimant reports enormous stress as a result. According to the PR-2 report dated 11/25/13 from [REDACTED], the claimant is diagnosed with: Anxiety state, unspecified. Additionally, in a progress note dated 11/25/13, [REDACTED] noted that the claimant was experiencing a stress reaction, depression, and anxiety with borderline panic attack disorder. In a Psychological Evaluation dated 12/2/13, [REDACTED] diagnosed the claimant with Major depressive disorder, moderate and Panic disorder with agoraphobic behavior.

IMR ISSUES, DECISIONS AND RATIONALES

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

The request for Set of CD's to help with relaxation and coping skills: Overturned

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 1062-1067.

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: The Official Disability Guidelines (ODG) regarding education and stress management interventions will be used as reference for this case. Based upon a review of the medical records, the claimant is experiencing stress in almost panic proportion in addition to depression. He has been authorized to receive an initial trial of psychotherapy with [REDACTED]. [REDACTED] hopes to help the claimant learn effective stress reduction techniques and believes that a set of relaxation audio CDs will help the claimant practice the skills on his own. According to the ODG, education is recommended as long as the material is "objective information on symptom management, including disease and treatment information". Additionally, the ODG recommends "stress-reducing interventions, including cognitive-behavioral interventions, relaxation techniques, multimodal programs, and organization-focused interventions" because "a small but significant overall effect was found" regarding their effectiveness. Based on these cited guidelines, the request for a "set of CD's to help with relaxation and coping skills" appears reasonable and medically necessary.