

<b>Case Number:</b>	CM14-0002832		
<b>Date Assigned:</b>	01/15/2014	<b>Date of Injury:</b>	03/31/2003
<b>Decision Date:</b>	06/05/2014	<b>UR Denial Date:</b>	08/05/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/26/2013

### 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 Family Medicine, and is licensed to practice in New Jersey. 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 worker is a 64 year old female who injured her neck, shoulders, and lower back on 3/31/03 and since has had chronic pain and limited function. As reported on the note from 10/14/13, the patient had already multiple surgeries including cervical fusions at multiple levels and shoulder surgery. She has been diagnosed with cervical myofasciitis, cervical post laminectomy pain syndrome and myeloradiculopathy, left shoulder impingement syndrome, narcotic dependency, chronic pain syndrome/fibromyalgia, and gastritis. More recent reports state the worker's depression, anxiety, and panic attacks and had been using medications as well as therapy to help with this. For her pain she had been prescribed physical therapy, home exercises, analgesic patches, Celebrex, and other oral medications. On 6/17/13 the worker presented to her orthopedic treating physician complaining of low back pain and stated that "mopping and vacuuming lay her up for a couple of days", according to the note. On physical examination she could not stand on one foot, had slow gait, slow speech, and had markedly restricted cervical and lumbar motion. She was prescribed home exercises, continuation of her pain medications, and home care for house cleaning, four hours per week, as well as transportation to industrial doctor visits. Again on 7/29/13 she was seen by her physician with the worker reporting no change in her condition and repeatedly requested home care for house cleaning, transportation, home exercises, and added a request for water physical therapy as part of her current therapy sessions.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**1 HOME CARE FOR HOUSE CLEANING (FOUR HOURS PER WEEK): Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Home health services.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines HOME HEALTH SERVICES Page(s): 51.

**Decision rationale:** The MTUS Guidelines for Chronic Pain state that home health services be recommended only for recommended medical treatment for patients who are homebound, on a part-time or "intermittent" basis, generally up to no more than 35 hours per week. The MTUS also clarifies that medical treatment does not include homemaker services like shopping, cleaning, and laundry; and personal care given by home health aides like bathing, dressing, and using the bathroom, when this is the only care needed. In the case of this injured worker, the worker complained of physical limitations and difficulty doing house chores related to her chronic pain, with her physician requesting she get home services to help clean her house weekly, but home care services were not for any direct medical care. Therefore the home care for house cleaning is not medically necessary.