

<b>Case Number:</b>	CM14-0003831		
<b>Date Assigned:</b>	02/03/2014	<b>Date of Injury:</b>	07/10/2009
<b>Decision Date:</b>	06/20/2014	<b>UR Denial Date:</b>	01/03/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/10/2014

### 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 Psychology and is licensed to practice in Texas. 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 injured worker is a 53 year old female who reported an injury on July 10, 2009 secondary to unknown mechanism of injury. The injured worker was evaluated on December 17, 2013 for reports of worsening depression, anxiety, feeling distressed about the future, intractable pain and hopelessness. The exam noted a Beck Depression Inventory score of 26 and Beck Anxiety Score of 33. The treatment plan included continued cognitive behavioral therapy and biofeedback therapy.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **SIX SESSIONS OF COGNITIVE BEHAVIOR PSYCHOTHERAPY (CBT): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES, ,

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES , BEHAVIORAL INTERVENTIONS, 23

**Decision rationale:** The California MTUS Guidelines recommend psychotherapy. The identification and reinforcement of coping skills is often more useful in the treatment of pain

than ongoing medication or therapy, which could lead to psychological or physical dependence. Guidelines recommend Cognitive Behavioral Therapy (CBT) 3-4 initial visits and with evidence of objective functional improvement, total of up to 6-10 visits. The documentation reported the injured worker to have moderate to severe levels of depression and severe levels of anxiety. However, there is also indication of the injured worker receiving previous cognitive behavioral therapy as early as April 2013. There is a lack of documentation from those sessions to review for evidence of objective functional improvement. The request is not medically necessary.

**BIOFEEDBACK FOR SIX SESSIONS FOR THE NEXT THREE MONTHS OR MORE ON AN AS-NEEDED BASIS:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES, ,

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES , BIODFEEDBACK, 24

**Decision rationale:** The request for biofeedback for six sessions for the next three months or more on an as-needed basis is non-certified. The California MTUS Guideline does not recommended biofeedback therapy as a stand-alone treatment, but recommended as an option in a cognitive behavioral therapy (CBT) program to facilitate exercise therapy and return to activity. There is also a lack of definitive number of visits requested. The request is not medically necessary.