

<b>Case Number:</b>	CM14-0101442		
<b>Date Assigned:</b>	09/24/2014	<b>Date of Injury:</b>	06/17/2011
<b>Decision Date:</b>	10/24/2014	<b>UR Denial Date:</b>	06/24/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/01/2014

### 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 Psychologist and is licensed to practice Utah. 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 35-year-old female who has submitted a claim for depression, anxiety, stress, and left shoulder strain/sprain, associated with an industrial injury date of June 17, 2011. Medical records from 2014 were reviewed. The patient complained of frequent feelings of irritation, moderate nervousness, trouble with memory, feeling lonely and blue, and frequent trouble with sleep. She feels that others are to blame for most of her troubles, and that most people cannot be trusted. The patient has undergone cognitive behavioral therapy and relaxation technique and continues to show positive response. Psychological test was done on June 18, 2014. Mental status examination showed evidence of anxiety, apprehension, and feelings of weakness, depression, despondency, hopelessness, desperation, pessimism, confusion, uncertainty, and vulnerability. The diagnoses were pain disorder associated with primarily physical factors and minor psychological components; depressive disorder; anxiety disorder; and dysthymic disorder. Treatment to date has included left shoulder arthroscopy and cognitive behavioral therapy and relaxation techniques. Utilization review from June 24, 2014 denied the request for Psych testing because there were no recent psych records available. The patient had extensive testing in November 2013, and the need for repeat testing was not explained.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Psych Testing:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACOEM; Psychological Treatments/ Testing Section

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Evaluations Page(s): 100-101.

**Decision rationale:** Pages 100-101 of the CA MTUS Chronic Pain Medical Treatment Guidelines recommend psychological evaluations. These are generally accepted, well-established diagnostic procedures not only with selected use in pain problems, but also with more widespread use in chronic pain populations. Diagnostic evaluations should distinguish between conditions that are preexisting, aggravated by the current injury or work related. Psychosocial evaluations should determine if further psychosocial interventions are indicated. In this case, the patient had undergone several prior psychological tests and cognitive behavioral therapy sessions. The patient continues to show psychological issues that need to be addressed. Although psychological testing would benefit the patient, it is unclear whether it is warranted at this time, as dates of administration of previous psychological tests were not discussed. Furthermore, the request did not specify number of psychological testing to be done. The medical necessity cannot be established at this time due to lack of information. Therefore, the request for Psych testing is not medically necessary.