

Case Number:	CM14-0105078		
Date Assigned:	07/30/2014	Date of Injury:	04/06/1995
Decision Date:	08/29/2014	UR Denial Date:	06/19/2014
Priority:	Standard	Application Received:	07/07/2014

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 58-year-old female who reported an injury on 04/06/1995. The diagnosis was major depressive disorder, recurrent episode. Prior treatments included a cervical laminectomy without fusion. The mechanism of injury was not specifically stated. The documentation of 03/24/2014 revealed the injured worker developed a cumulative trauma injury. The injured worker scored a 41 on the Beck Depression Inventory II indicating the injured worker had severe depression and the injured worker indicated her symptoms included she was sad all the time and saw a lot of failures and cried over everything. The injured worker indicated she felt guilty all the time and felt utterly worthless. She indicated it was hard to get interested in anything as she was too tired or fatigued to do most of the things she used to do. The injured worker scored a 49 on the Beck Anxiety Inventory scale which was consistent with a severe degree of anxiety. The injured worker indicated she was severely troubled by numbness or tingling, feeling hot, fearing the worst will happen, being dizzy, terrified, and nervous, scared, and had indigestion. She was moderately troubled by wobbliness in legs, an inability to relax, heart pounding, unsteady, feelings of choking, trembling, shaking, fear of losing control, difficulty breathing, fear of dying, and a flushed face. The diagnosis, per Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR) is Axis I major depression, single episode, moderate to severe, nonpsychotic pain disorder associated with both psychological factors and a general medical condition; a global assessment of functioning of 52 on Axis V; and on Axis IV psychosocial stressors. The recommendation was for psychiatric treatment. Per the documentation of 06/12/2014, the request for major depression maintenance phase was psychotherapy 1 time a week times 24 weeks and for measurement tools, including a Beck Depression Inventory and a Beck Anxiety Inventory.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychotherapy #24: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

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 & Stress, Cognitive therapy for depression.

Decision rationale: The Official Disability Guidelines indicate that in severe cases of major depression or post-traumatic stress disorder up to fifty sessions are appropriate if progress is being made. The clinical documentation, while indicating the injured worker was in the maintenance phase, failed to indicate objective functional benefit that was received from therapy. The request for twenty four sessions of psychotherapy would not be supported without re-evaluation. Additionally, there was a lack of documentation indicating the quantity of sessions the injured worker had attended previously. Given the above, the request for psychotherapy twenty four is not medically necessary.

Beck Anxiety Inventory x 6 weeks: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Chapter, Psychological evaluations.

Decision rationale: The Official Disability Guidelines (ODG) indicate that psychological evaluations, including the Beck Anxiety Inventory, are appropriate interventions. However, as the requested psychological treatment is not medically necessary, the request for Beck Anxiety Inventory six weeks weeks is not medically necessary. Additionally, there was a lack of documentation indicating the frequency during these six weeks. Given the above, the request for Beck Anxiety Inventory times six weeks is not medically necessary.

Beck Depression Inventory x 6 weeks: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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 & Stress, BDI Â® - II (Beck Depression Inventory-2nd edition).

Decision rationale: The Official Disability Guidelines (ODG) indicate that the Beck Depression Inventory II is recommended as a first line option of psychological testing in the assessment of chronic pain patients. The clinical documentation submitted for review failed to support the necessity for further psychological interventions. The request as submitted failed to indicate the necessity for Beck Depression Inventory times six weeks. Given the above, the lack of documentation of exceptional factors, the request for Beck Depression Inventory times six weeks is not medically necessary.