

Case Number:	CM14-0106195		
Date Assigned:	07/30/2014	Date of Injury:	07/26/2011
Decision Date:	10/10/2014	UR Denial Date:	06/30/2014
Priority:	Standard	Application Received:	07/09/2014

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 Psychiatry 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 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:

Injured worker is a 52 year old female with date of injury 7/26/2011. Date of the UR decision was 6/30/2014. Mechanism of injury was reported to be cumulative work trauma. Report dated 4/17/2014 stated that the injured worker presented with severe pain in left shoulder, bilateral carpal tunnel syndrome, depression, headaches and low back pain. The report suggested that she had been experiencing anxiety, depression, nervousness, frustration due to inability to work or function without pain. Report dated 4/28/2014 suggested that she had been experiencing symptoms of increased appetite, reduced energy, difficulties sleeping, reduced libido, difficulty paying attention, increased isolation, depression, anxiety. Psychological testing performed during that evaluation revealed a Beck Depression Inventory score of 35 which is suggestive of severe depression; Beck Anxiety Inventory score of 16 which is suggestive of moderate anxiety. She was diagnosed with Major Depressive Disorder, moderate to severe; non psychotic and Pain disorder associated with Psychological factors and General Medical Condition based on the evaluation.

IMR ISSUES, DECISIONS AND RATIONALES

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

Beck anxiety inventory 8 sessions: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental Illness & Stress (updated 06/12/14)

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

Decision rationale: ODG states that "Psychological evaluations are recommended. Psychological evaluations are generally accepted, well-established diagnostic procedures not only with selected use in pain problems, but also with more widespread use in subacute and 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. Psychological testing performed on 4/28/2014 revealed a Beck Depression Inventory score of 35 which is suggestive of severe depression; Beck Anxiety Inventory score of 16 which is suggestive of moderate anxiety. She was diagnosed with Major Depressive Disorder, moderate to severe; non psychotic and Pain disorder associated with Psychological factors and General Medical Condition based on the evaluation. Repeat Psychological testing would be medically indicated, however the request for 8 sessions of Beck Anxiety Inventory is excessive and thus is not medically necessary at this time.

Beck depression inventory 8 sessions: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental Illness & Stress (updated 06/12/14)

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

Decision rationale: ODG states that "Psychological evaluations are recommended. Psychological evaluations are generally accepted, well-established diagnostic procedures not only with selected use in pain problems, but also with more widespread use in subacute and 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. Psychological testing performed on 4/28/2014 revealed a Beck Depression Inventory score of 35 which is suggestive of severe depression; Beck Anxiety Inventory score of 16 which is suggestive of moderate anxiety. She was diagnosed with Major Depressive Disorder, moderate to severe; non psychotic and Pain disorder associated with Psychological factors and General Medical Condition based on the evaluation. Repeat Psychological testing would be medically indicated, however the request for 8 sessions of Beck Depression inventory is excessive and thus is not medically necessary at this time.