

<b>Case Number:</b>	CM14-0107411		
<b>Date Assigned:</b>	08/01/2014	<b>Date of Injury:</b>	01/17/2008
<b>Decision Date:</b>	09/09/2014	<b>UR Denial Date:</b>	06/24/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/10/2014

### 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 Internal Medicine, has a subspecialty in Hospice Palliative Medicine and is licensed to practice in Pennsylvania. 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 49-year-old gentleman with a date of injury of 01/17/2008. The submitted and reviewed documentation did not identify the mechanism of injury. Office visit notes by [REDACTED] dated 10/09/2013 and 02/27/2014 and an Agreed Medical Exam (AME) report by [REDACTED] dated 04/29/2014 indicated the worker was experiencing erectile dysfunction and emotional stress. [REDACTED] note dated 02/207/2014 reported the worker had episodes of chest awareness but not discomfort. [REDACTED] documented examinations described extra heart sounds, although [REDACTED] report did not. Documented examinations consistently recorded otherwise normal findings. The submitted documentation summarized several electrocardiograms (ECG) as demonstrating a left bundle branch block (LBBB). [REDACTED] report summarized the bioimpedance plethysmography as showing high blood vessel resistance, an echocardiogram as showing changes consistent with a LBBB and mild heart disease from high blood pressure, and a stress echocardiogram as showing low risk for heart disease. Laboratory blood testing done on 04/23/2014 was normal. A study done on 02/20/2014 looking at the major blood vessels in the neck was normal. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. Treatment plans included continued oral medications. A Utilization Review decision by [REDACTED] was rendered on 06/24/2014 recommending non-certification for a nuclear stress test and laboratory testing including a complete metabolic panel, a basic metabolic panel, a complete blood count panel, a lipid panel, a C-reactive protein level, and a homocysteine level.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Nuclear stress test:** 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 Other Medical Treatment Guideline or Medical Evidence: Garber AM, et al. Stress testing for the diagnosis of coronary heart disease. Topic 1534, version 11.0. Yanowitz FG, et al. Stress testing to determine prognosis and management of patients with known or suspected coronary heart disease. Topic 1497, version 9.0. Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature and major guidelines support the use of nuclear stress testing for those who are having symptoms or findings of heart disease that put them in an intermediate risk for this condition. Those with high risk and those with low risk for heart disease are better evaluated with other types of testing. A visit note by [REDACTED] dated 02/27/2014 indicated the worker was experiencing episodes of chest awareness without overt discomfort. No other symptoms or findings suggesting heart disease were reported. This is consistent with a low risk for heart disease. An Agreed Medical Exam (AME) report by [REDACTED] dated 04/29/2014 summarized a stress echocardiogram as showing low risk for heart disease. There was no discussion of unusual issues that required this study. In the absence of such evidence, the current request for a nuclear stress test is not medically necessary.

**CMP (Comprehensive Metabolic Panel) laboratory test:** 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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** A comprehensive metabolic panel is a group of laboratory blood tests that measure several different salts in the blood, the general functioning of the liver, and the general functioning of the kidneys. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature supports routinely monitoring those with high blood pressure with basic chemistry panel testing but does not support the inclusion of tests that examine liver function. The submitted documentation did not include a discussion of unusual issues that required this testing. In the absence of such evidence,

the current request for laboratory blood testing with a comprehensive metabolic panel is not medically necessary.

**BMP (Basic Metabolic Panel) laboratory test: Overturned**

**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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** A basic metabolic panel is a group of laboratory blood tests that measure several different salts in the blood and the general functioning of the kidneys. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature supports routinely monitoring those with high blood pressure with basic chemistry panel testing. In light of this supportive evidence, the current request for laboratory blood testing with a basic metabolic panel is medically necessary.

**CBC (Complete Blood Count) laboratory test: Overturned**

**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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** A complete blood count (CBC) is a panel of laboratory blood tests that look closely at the components of the blood in several different ways. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature supports routinely monitoring those with high blood pressure with CBC testing. In light of this supportive evidence, the current request for laboratory blood testing with a basic metabolic panel is medically necessary.

**Lipid Profile laboratory test: Overturned**

**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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** A lipid profile is a panel of laboratory blood tests that look closely at the components of cholesterol in the blood. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature supports routinely monitoring those with high blood pressure with lipid profile testing. In light of this supportive evidence, the current request for laboratory blood testing with a lipid profile is medically necessary.

**CRP (C-reactive protein) laboratory test:** 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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0.

**Decision rationale:** A C-reactive protein (CRP) is a laboratory blood test that looks at inflammation or swelling in the body. It can increase when there is physical stress on the body, such as with infection or certain blood vessel issues. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. The MTUS Guidelines are silent on this issue in this clinical setting. The literature does not support routinely monitoring those with high blood pressure with CRP testing. The submitted documentation did not include a discussion of unusual issues that required this testing. In the absence of such evidence, the current request for laboratory blood testing with a C-reactive protein (CRP) is not medically necessary.

**Homo-cysteine laboratory test:** 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 Kaplan NM, et al. Overview of hypertension in adults. Topic 3852, version 24.0. Rosenson RS. Overview of homocysteine. Topic 6837, version 16.0.

**Decision rationale:** Homocysteine is an amino acid that can be found in the blood. The MTUS Guidelines are silent on this issue. The submitted documentation concluded the worker was suffering from high blood pressure, heart disease due to high blood pressure, and erectile dysfunction. There is some evidence in the literature to suggest that homocysteine may play a role in the process that leads to clogged heart blood vessels. However, treating the abnormal level has not been shown to have any benefit. The literature does not support routinely monitoring those with high blood pressure with this test. The submitted documentation did not include a discussion of unusual issues that required this testing. In the absence of such evidence, the current request for homocysteine laboratory testing is not medically necessary.