

Case Number:	CM14-0108837		
Date Assigned:	09/16/2014	Date of Injury:	06/03/1998
Decision Date:	10/17/2014	UR Denial Date:	06/23/2014
Priority:	Standard	Application Received:	07/14/2014

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 Physical Medicine & Rehabilitation, has a subspecialty in Interventional Spine 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:

The patient is a 54 year old with an injury date on 6/3/98. Patient complains of weakness/ache in bilateral knees which causes patient to avoid carrying heavy loads per 6/13/14 report. Patient also states that pain increases with cold weather, and going down stairs per 2/26/14 report. Based on the 6/13/14 progress report provided by [REDACTED] the diagnoses are: 1. osteoarthritis knee 2. RSI UEEExam on 6/13/14 showed "low level patello-femoral tenderness of knees." No range of motion testing was included in provided reports. [REDACTED] is requesting 90 tablets of oyster shell calcium 500g. The utilization review determination being challenged is dated 6/23/14. [REDACTED] is the requesting provider, and he provided treatment reports from 2/26/14 to 6/13/14.

IMR ISSUES, DECISIONS AND RATIONALES

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

90 Tablets of Oyster Shell Calcium 500 mg: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Drugs.com, Oyster Shell Calcium 500

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medline Plus, a service of US National Library of Medicine <http://www.nlm.nih.gov/medlineplus/ency/article/007477.htm> Calcium

supplementsShare on facebookShare on twitterBookmark & SharePrinter-friendly version Who should take calcium supplements? Calcium is an important mineral for the human body. It helps build and protect your teeth and bones. Getting enough calcium over your lifetime can help prevent osteoporosis. Most people get enough calcium

Decision rationale: This patient presents with bilateral knee pain. The treater has asked for 90 tablets of oyster shell calcium 500g on 6/13/14. Regarding calcium supplements, Medline Plus states that older women and men may need extra calcium to prevent their bones from getting thin (osteoporosis). The two main forms of calcium pills are: Calcium carbonate: Over-the-counter antacid products, such as Tums and Roloids. The second form is Calcium citrate: People with low levels of stomach acid (a condition that is more common in people over age 50) absorb calcium citrate better than calcium carbonate. Another type, calcium phosphate is less common. Medline Plus warns against supplements made from unrefined oyster shell, bone meal, or dolomite that don't have the USP symbol. They may have high levels of lead or other toxic metals. In this case, there is no evidence that Ca supplement is needed in this patient. There is lack of evidence that ca supplements are beneficial for chronic pain. Recommendation is for denial.