

<b>Case Number:</b>	CM14-0010052		
<b>Date Assigned:</b>	02/21/2014	<b>Date of Injury:</b>	05/29/2012
<b>Decision Date:</b>	06/25/2014	<b>UR Denial Date:</b>	01/10/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/24/2014

### 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 Clinical Psychology, has a subspecialty in Health Psychology and Pain Management, 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:

Based on the records provided for this independent medical review, this patient is a 38 year old male who reported an industrial/occupational work-related injury on 5/ 29/2012 as a result of a strain to the lumbar spine; the cause of the strain was not noted in the files provided for this review. The patient has a diagnosis of anxiety disorder not otherwise specified and another diagnosis was hand written that was hard to read but might have been Panic Disorder. The patient was reporting anxiety, restlessness, difficulty with concentration and distress. The patient also reported that workplace stressors made him feel "crazy". A request for psychotherapy 12 sessions was non-certified. This independent medical review will concern itself with a request to overturn this decision.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **PSYCHOTHERAPY 1 X 12: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES, COGNITIVE BEHAVIORAL THERAPY (CBT) GUIDELINES, 23.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines SECTION COGNITIVE BEHAVIORAL THERAPY Page(s): 23.

**Decision rationale:** I reviewed all of the notes medical records provided to me in order to conduct this independent review. However, and unfortunately, the entire package of medical reports was only 27 pages in length and consisted nearly entirely of correspondence from utilization review/insurance on this matter. There were no substantial reports about the employee provided from the treatment provider therefore it was not possible to determine whether or not this employee has had any prior treatment and if so how many sessions exactly have been provided; also missing was the critically important informant regarding outcome from any prior sessions in terms of functional improvement. The MTUS guidelines combined with the ODG -official disability guidelines, provide for ample sessions of cognitive-behavioral psychotherapy for patients who have documented need and who also respond to an initial trial of 4-6 sessions. For those patients up to 13-20 sessions can be provided. In this case, the request for 12 sessions of psychotherapy might be within the acceptable guidelines, or not, depending on how many prior sessions the employee has had, if any. But because this is unknown, the request to overturn the non-certification of 12 sessions of psychotherapy is denied due to insufficient information. This is not to say anyway that the employee does or does not, need psychotherapeutic treatment, only that it was impossible to judge based on the information provided.