

Case Number:	CM14-0012773		
Date Assigned:	02/21/2014	Date of Injury:	03/12/2012
Decision Date:	07/25/2014	UR Denial Date:	01/02/2014
Priority:	Standard	Application Received:	01/31/2014

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:

The patient is a 37 year old female with the date of injury 3/12/2012. The date of the UR decision was 1/2/2014. A report from 6/12/2013 indicates that she has been experiencing right knee pain for which she has been taking medications and has received epidural steroid injection treatment. A physical therapy referral was made on that day by the provider. A psychiatric review of systems from 6/12/2013 is negative for depression, anxiety and difficulty sleeping. Reports from 8/1/2013, 10/03/2013, 10/14/2013, 10/28/2013 suggest no psychiatric symptoms such as depression, anxiety or sleep problems. A report from 11/07/2013 indicates that injured worker complains of feeling depressed/feeling blue and has difficulty sleeping; however, on physical examination the psychiatric exam is normal. A report from 11/18/2013 states that she is feeling depressed due to the current state. A report from 12/02/2013 states that she has been feeling depressed because of current state, wants to get better and and go back to work full duty. The progress reports also lists injured worker's complaints of trouble sleeping, difficulty concentrating, feeling discouraged, getting anxious at night, and crying almost daily because of her situation. No suicidal or homicidal ideations were reported and it is indicated that she has not had any prior treatment for depression or anxiety. Alprazolam 0.5 mg nightly was started for anxiety and insomnia and a referral to Psychiatry was made.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychiatry Consultation and Treatment: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Evaluation.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 398, Acupuncture Treatment Guidelines.

Decision rationale: The ACOEM guidelines page 398 states: Specialty referral may be necessary when patients have significant psychopathology or serious medical co morbidities. It also states: Issues regarding work stress and person job fit may be handled effectively with talk therapy through a psychologist or a mental health professional. Patients with more serious mental health conditions made need referral to psychiatry for medicine therapy. Upon review of the submitted documentation, it is determined that the injured worker has been experiencing stress and depression related to the chronic pain. The request for an initial Psychiatric consultation is medically necessary at this time, however the medical necessity of continued Psychiatric treatment cannot be determined at this time because it depends on the plan indicated by Psychiatric Consultation report. Since this request includes Psychiatric consultation and treatment for an unlisted number of visits; the medical necessity cannot be established at this time.