

Case Number:	CM14-0012908		
Date Assigned:	02/24/2014	Date of Injury:	02/26/2013
Decision Date:	06/26/2014	UR Denial Date:	01/21/2014
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:

This is a 52 year old male with date of injury 2/26/2013. Date of UR decision was 1/17/2014. Mechanism of injury was a fall at work that resulted in left elbow pain, weakness of the fingers, left and right knee injuries. He underwent R. knee surgery on 9/30/2013. The medications being prescribed for IW are Soma, and Lorcet. PR from 7/30/2013 indicates psychiatric symptoms of depression, anxiety and sleep problems. The same psychiatric symptoms were mentioned in PR from 9/19, 10/3. Report from 11/27/2013 indicates that IW has been feeling anxious, sad, depressed on a daily basis. Has had difficulty falling asleep, maintaining sleep, has fatigue, loss of energy and has gained 40-50 lbs, has poor memory, poor concentration, depressed most of the day. Mood is described as sad and affect is moderately sad, dysphoric, irritable, and angry. Cymbalta was prescribed at that visit for mood and pain.

IMR ISSUES, DECISIONS AND RATIONALES

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

FOLLOW UP PSYCH CONSULTATION: Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines MTUS: CHRONIC PAIN MEDICAL TREATMENT GUIDELINES 2009 , PSYCHOLOGIC.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental illness, Office visits Stress related conditions

Decision rationale: ODG states "Office visits: Recommended as determined to be medically necessary. Evaluation and management (E&M) outpatient visits to the offices of medical doctor(s) play a critical role in the proper diagnosis and return to function of an injured worker, and they should be encouraged. The need for a clinical office visit with a health care provider is individualized based upon a review of the patient concerns, signs and symptoms, clinical stability, and reasonable physician judgment. The determination is also based on what medications the patient is taking, since some medicines such as opiates, or medicines such as certain antibiotics, require close monitoring. As patient conditions are extremely varied, a set number of office visits per condition cannot be reasonably established. The determination of necessity for an office visit requires individualized case review and assessment, being ever mindful that the best patient outcomes are achieved with eventual patient independence from the health care system through self care as soon as clinically feasible. " Upon review of the submitted documentation, PR from 11/27/2013 suggests that IW has been feeling anxious, sad, depressed on a daily basis. Has had difficulty falling asleep, maintaining sleep, has fatigue, loss of energy and has gained 40-50 lbs, has poor memory, poor concentration, depressed most of the day. Mood is described as sad and affect is moderately sad, dysphoric, irritable, and angry. Cymbalta has been prescribed for mood and pain but still IW is pretty symptomatic. Medical necessity for follow Psychiatric consultation is warranted at this time. Will respectfully disagree with UR doc's decision and will affirm the medical necessity of the request.