

<b>Case Number:</b>	CM14-0016512		
<b>Date Assigned:</b>	04/11/2014	<b>Date of Injury:</b>	01/13/2006
<b>Decision Date:</b>	05/29/2014	<b>UR Denial Date:</b>	01/16/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	02/10/2014

### 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 licensed 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:

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records: According to the records provided for this independent medical review, this patient is a 51 year old female who reported an industrial/occupational work related injury that occurred on January 13th 2006. She reports significant neck pain that radiates bilaterally into the upper lower extremities and has increased pain with most physical activity. She has been diagnosed with major depressive disorder, Severe. According to the progress notes reviewed the patient has severe depression that has been getting worse and she was recently hospitalized for 14 days after reporting a wish to die and to kill her adult children. She was released in stable condition and continues to take Prozac for 60 milligrams per day.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **INTENSIVE OUTPATIENT PROGRAM THREE TIMES A WEEK FOR SIX WEEKS:**

Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Medical Treatment Guidelines, Psychological Treatment..

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Pain Medical Treatment Guidelines , Chronic Pain Programs Page(s): 30-33.

**Decision rationale:** The Expert Reviewer's decision rationale: According to the medical treatment guidelines for chronic pain, an intensive outpatient psychological treatment is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains. (Note: Patients may get worse before they get better. For example, objective gains may be moving joints that are stiff from lack of use, resulting in increased subjective pain.) However, it is also not suggested that a continuous course of treatment be interrupted at two weeks solely to document these gains, if there are preliminary indications that these gains are being made on a concurrent basis. Total treatment duration should generally not exceed 20 full-day sessions (or the equivalent in part-day sessions if required by part-time work, transportation, childcare, or comorbidities). The request for 6 full weeks to be authorized without ongoing monitoring of need and benefit was correctly changed to 3 weeks and this is 1 week more than is suggested by the guidelines, it would be reasonable at that point to make sure that the patient is in fact benefiting and showing progress in functional restoration and psychological stability before continuing. Hopefully this can be accomplished seamlessly enough to prevent treatment interruption. The request to overturn the request is not medically necessary, however it should be noted that should the patient be benefiting from the treated the additional 3 weeks could be considered as a viable option.