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| <b>Case Number:</b>   | CM14-0111138 |                              |            |
| <b>Date Assigned:</b> | 09/16/2014   | <b>Date of Injury:</b>       | 07/18/2009 |
| <b>Decision Date:</b> | 11/18/2014   | <b>UR Denial Date:</b>       | 07/07/2014 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 07/16/2014 |

### 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 Family Medicine 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 injured worker is a 55 year old male who had a work related injury on 07/18/09. Mechanism of injury was not described. Clinical note dated 07/09/14 was a handwritten note, the injured worker complained of dry mouth secondary to Lisinopril. Blood pressure was between 120 to 130/70 to 75, states that the Protonix helped. He had no bleeding or melena. Physical examination revealed blood pressure 125/77, weight 162 pounds, heart regular rate and rhythm lungs were clear, abdomen was soft. Prescriptions of Lisinopril, Omeprazole, and Protonix given to the injured worker. Clinical note dated 06/11/14 again follow up complaining of reflex symptoms without Protonix, no bleeding or melena, and Elavil for sleep. Physical examination heart regular rate and rhythm, lungs were clear, abdomen was soft and soft. Prior utilization review on 07/07/14 was not medically necessary. Current request was for LidoPro cream 4oz., labs for kidney and liver function.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lidopro cream 4 ounces:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS Page(s): 111.

**Decision rationale:** The request for LidoPro cream 4oz is not medically necessary. As noted on page 111 of chronic pain medical treatment guidelines, safety and efficacy of compounded medication has not been established through rigorous clinical trials. Topical analgesics are primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. There is no indication in the clinical documentation that these types of medication have been trialed and/or failed. This compound is noted to contain lidocaine, which has not been approved for transdermal use. Therefore this compound drug cannot be recommended as medically necessary it does not meet established and accepted medical guidelines.

**Labs for kidney and liver function:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Low back chapter, Preoperative lab testing

**Decision rationale:** Labs for kidney the request for labs for kidney and liver function studies is not medically necessary. The patient is not taking any antiinflammatories. He is taking Elavil. There are no previous labs and commentary on how it affected management. Therefore this request is not has not been established as medically necessary.