

<b>Case Number:</b>	CM14-0117775		
<b>Date Assigned:</b>	08/29/2014	<b>Date of Injury:</b>	10/30/2013
<b>Decision Date:</b>	10/02/2014	<b>UR Denial Date:</b>	06/26/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/25/2014

### 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 Occupational 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:

Injured worker is a female with date of injury 10/30/2013. Per primary treating physician's progress report dated 6/12/2014, the injured worker complains of pain in the right neck and shoulder which radiates down the arm with occasional numbness. She notes weakness in the arm. She has been off work since 2/10/2014. On examination there is decreased range of motion of the cervical spine with some pain. There is slight trapezial, paracervical and parascapular tenderness on the right. The Spurling's test is equivocal on the right. The impingement sign is equivocal at the right shoulder. There is slight stiffness in the right shoulder with pain on range of motion. The Tine's sign and elbow flexion tests are negative. The Tinel's sign and Phalen's tests are negative. Grip strength is diminished on the right. Diagnoses include 1) cervical strain/radiculopathy 2) right shoulder strain/impingement 3) trapezial, paracervical and parascapular strain.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Prilosec 20mg #60:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines NSAIDs GI Symptoms & Cardiovascular Risk

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI Symptoms & Cardiovascular Risk Page(s): 68-69.

**Decision rationale:** Proton pump inhibitors, such as Prilosec are recommended when using NSAIDs if there is a risk for gastrointestinal events. There is no indication that the injured worker has had a gastrointestinal event or is at increased risk of a gastrointestinal event, which may necessitate the use of Prilosec when using NSAIDs. The request for Prilosec 20 mg #60 is determined to not be medically necessary.

**Menthoderm Gel 120 G:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Medications Menthol.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Salicylate Topicals section, Topical Analgesics Page(s): 104; 111-113.

**Decision rationale:** Menthoderm Gel contains the active ingredients methyl salicylate 15% and menthol 10%. The MTUS Guidelines recommend the use of topical analgesics as an option for the treatment of chronic pain, however, any compounded product that contains at least one drug or drug class that is not recommended is not recommended. Salicylate topical is recommended by the MTUS Guidelines, as it is significantly better than placebo in chronic pain. Menthol is not addressed by the MTUS Guidelines or the ODG, but it is often included in formulations of anesthetic agents. It induces tingling and cooling sensations when applied topically. Menthol induces analgesia through calcium channel-blocking actions, as well as binding to kappa-opioid receptors. Menthol is also an effective topical permeation enhancer for water-soluble drugs. There are reports of negative effects from high doses of menthol such as 40% preparations. The request for Menthoderm Gel 120 G is determined to be medically necessary.