

Case Number:	CM14-0129782		
Date Assigned:	08/20/2014	Date of Injury:	09/10/2013
Decision Date:	09/22/2014	UR Denial Date:	08/06/2014
Priority:	Standard	Application Received:	08/14/2014

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 Physical Medicine and Rehabilitation, 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:

According to the records made available for review, this is a 40-year-old male with a 9/10/13 date of injury. At the time (7/22/14) of request for authorization for outpatient detoxification 5 days for 1 week due to UR recommendation to discontinue opiates, there is documentation of subjective (mid and low back pain radiating down to both legs) and objective (positive straight leg raise on the right, absent reflexes in both ankles, hypoesthesia in the right L5-S1 dermatome, multiple myofascial trigger point, and visibly anxious and depressed) findings, current diagnoses (lumbar degenerative disc disease (L3-L4), multilevel thoracolumbar disc disease, severe thoracic and lumbar myofascial pain of the paraspinous muscles, and chronic pain syndrome with sleep and mood disorder), and treatment to date (physical therapy, psychotherapy, and medications (including ongoing treatment with Percocet and Soma) with only mild improvements). There is no documentation of a condition/diagnosis for which detoxification is indicated (intolerable side effects; lack of response; aberrant drug behaviors as related to abuse and dependence; refractory comorbid psychiatric illness; or lack of functional improvement).

IMR ISSUES, DECISIONS AND RATIONALES

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

OUTPATIENT DETOX 5 DAYS FOR 1 WEEK DUE TO UR RECOMMENDATION TO DISCONTINUE OPIATES: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Detoxification Page(s): 76.

Decision rationale: MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of a condition/diagnosis for which detoxification is indicated (such as: intolerable side effects; lack of response; aberrant drug behaviors as related to abuse and dependence; refractory comorbid psychiatric illness; or lack of functional improvement), as criteria necessary to support the medical necessity of detoxification. In addition, MTUS identifies that detoxification is defined as withdrawing a person from a specific psychoactive substance, and it does not imply a diagnosis of addiction, abuse or misuse. Within the medical information available for review, there is documentation of lumbar degenerative disc disease (L3-L4), multilevel thoracolumbar disc disease, severe thoracic and lumbar myofascial pain of the paraspinous muscles, and chronic pain syndrome with sleep and mood disorder. In addition, despite documentation of continued need for medications for any level of functioning and significant opioid dependency as a complication of the patient's care, there is no documentation of a condition/diagnosis for which detoxification is indicated (intolerable side effects; lack of response; aberrant drug behaviors as related to abuse and dependence; refractory comorbid psychiatric illness; or lack of functional improvement). Therefore, based on guidelines and a review of the evidence, the request for outpatient detox 5 days for 1 week due to UR recommendation to discontinue opiates is not medically necessary.