

Case Number:	CM14-0136161		
Date Assigned:	09/29/2014	Date of Injury:	08/22/2012
Decision Date:	11/05/2014	UR Denial Date:	07/29/2014
Priority:	Standard	Application Received:	08/25/2014

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:

This is a 46-year-old female with a date of injury of 8/22/12. The mechanism of injury occurred due to repetitive motion affecting her low back. A report dated 8/23/12 stated the patient was prescribed naproxen, an NSAID. A UR dated 4/16/14 non-certified Voltaren XR 100mg because medical records did not establish whether the patient had been trialed on other first-line NSAIDs. On 7/14/14 she reported severe low back pain with bilateral leg pain and numbness. On exam there was tenderness, decreased range of motion, spasm, and decreased sensation in the L5-S1 distribution. It was also noted that surgery was pending. The diagnostic impression is sprain in the lumbar region, HNP with radiculopathy and DDD. Treatment to date: medication management, physical therapy, MRI lumbar spine, ESI. A UR decision dated 7/29/14 denied the request for Voltaren XR (Diclofenac Sodium ER) 100mg 1 tab daily #60 x 1. The Voltaren XR 100mg was denied because the patient was taking Naproxen at the onset of injury and for some time thereafter. There is no indication that the patient was trialed on any other NSAID. In addition, the records do not establish a rationale as to why the Naproxen was discontinued. Guidelines do not support the use of Voltaren as a first-line treatment due to increased risk profile and potential liver failure and death.

IMR ISSUES, DECISIONS AND RATIONALES

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

Voltaren XR (Diclofenac Sodium ER) 100mg 1 tab QD #60 x 1: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Diclofenac Sodium. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Pain Chapter, Diclofenac

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 46. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Chapter

Decision rationale: CA MTUS states that NSAIDs are effective, although they can cause gastrointestinal irritation or ulceration or, less commonly, renal or allergic problems. Studies have shown that when NSAIDs are used for more than a few weeks, they can retard or impair bone, muscle, and connective tissue healing and perhaps cause hypertension. However, ODG states that Voltaren is not recommended as first line due to increased risk profile. A large systematic review of available evidence on NSAIDs confirms that Diclofenac, a widely used NSAID, poses an equivalent risk of cardiovascular events to patients, as did Rofecoxib (Vioxx), which was taken off the market. Voltaren (Diclofenac) when used orally or topically, may increase liver dysfunction, and has resulted in liver failure and death. However, the patient was provided naproxen as stated on 8/23/14 but it is unclear how long the patient was on this NSAID and why it was discontinued. A UR dated 4/16/14 non-certified Voltaren XR 100mg due to medical records not establishing whether the patient had tried and failed other first-line NSAIDs. It is unclear why the naproxen was discontinued or the dosage given. Guidelines do not support the use of Voltaren due to the increased risk profile of cardiovascular events to patients and increase liver dysfunction. Therefore, the request for Voltaren XR (Diclofenac Sodium ER) 100mg 1 tab QD #60 x 1 was not medically necessary.