

Case Number:	CM14-0137061		
Date Assigned:	09/03/2014	Date of Injury:	10/29/1993
Decision Date:	10/02/2014	UR Denial Date:	08/13/2014
Priority:	Standard	Application Received:	08/23/2014

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:

This is a 62-year-old male who reported an industrial injury on 10/29/1993, almost 14 years ago, attributed to the performance of his usual and customary job tasks. The patient is been treated for chronic pain issues with Oxycontin 40 mg #60. The patient complained of left shoulder pain, left elbow pain and extremity pain. The patient was being treated with Oxycontin, Pepcid, Atenolol, Gemfibrosil, and Metformin. The MRI the cervical spine documented evidence of osseous for the Ridge formation with possible underlying disc bulges at C2-C3, C3-C4, C5-C6, and C6-C7. The MRI of the lumbar spine dated 9/4/2009 documented evidence of mild degenerative disc changes at L3-L4 and L4-L5 without focal disc protrusion, significant disc bulging, neural foraminal narrowing or central canal stenosis. The patient's examination was documented as unchanged. The MRI of the left shoulder dated for/24/2013 was significant for infraspinatus and supraspinatus tendinopathy with a small partial thickness tear of the supraspinatus. The patient reported some improvement to his left shoulder with a corticosteroid injection. The patient was to undergo a second surgical opinion for his shoulder pain.

IMR ISSUES, DECISIONS AND RATIONALES

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

OXYCONTIN 40MG X 60: Upheld

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

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 12 Low Back Complaints Page(s): 300-306. Decision based on Non-MTUS Citation American College of Occupational and Environmental Medicine (ACOEM), 2nd Edition, (2004) chapter 6 pages 114-116; Official Disability Guidelines (ODG) pain chapter opioids

Decision rationale: The prescription for Oxycontin 40 mg #60 for short acting pain is being prescribed as an opioid analgesic for the treatment of chronic pain to the back for the date of injury 14 years ago. The objective findings on examination do not support the medical necessity for continued opioid analgesics for chronic mechanical back pain or shoulder/UE pain. The patient is noted to take Oxycontin without a demonstrated functional improvement. The patient is being prescribed opioids for mechanical back pain and UE pain, which is inconsistent with the recommendations of the MTUS. There is no objective evidence provided to support the continued prescription of opioid analgesics for the cited diagnoses and effects of the industrial claim. The patient should be titrated down and off the prescribed Oxycontin 40 mg #60. The patient is 14 years s/p DOI with reported continued issues. There is no demonstrated medical necessity for the continuation of opioids for the effects of the industrial injury. The chronic use of Oxycontin 40 mg #60 is not recommended by the MTUS, the ACOEM Guidelines, or the Official Disability Guidelines for the long-term treatment of chronic back pain or shoulder UE pain. The prescription of opiates on a continued long-term basis is inconsistent with the MTUS and the Official Disability Guidelines recommendations for the use of opiate medications for the treatment of chronic pain. There is objective evidence that supports the use of opioid analgesics in the treatment of this patient over the use of NSAIDs for the treatment of chronic pain. The current prescription of opioid analgesics is inconsistent with evidence-based guidelines. The prescription of opiates on a continued long-term basis is inconsistent with the Official Disability Guidelines recommendations for the use of opiate medications for the treatment of chronic pain. There is objective evidence that supports the use of opioid analgesics in the treatment of this patient over the use of NSAIDs for the treatment of chronic pain issues. Evidence-based guidelines necessitate documentation that the patient has signed an appropriate pain contract, functional expectations have been agreed to by the clinician, and the patient, pain medications will be provided by one physician only, and the patient agrees to use only those medications recommended or agreed to by the clinician to support the medical necessity of treatment with opioids. The ACOEM Guidelines updated chapter on chronic pain states Opiates for the treatment of mechanical and compressive etiologies: rarely beneficial. Chronic pain can have a mixed physiologic etiology of both neuropathic and nociceptive components. In most cases, analgesic treatment should begin with acetaminophen, aspirin, and NSAIDs (as suggested by the WHO step-wise algorithm). When these drugs do not satisfactorily reduce pain, opioids for moderate to moderately severe pain may be added to (not substituted for) the less efficacious drugs. A major concern about the use of opioids for chronic pain is that most randomized controlled trials have been limited to a short-term period (70 days). This leads to a concern about confounding issues; such as, tolerance, opioid-induced hyperalgesia, long-range adverse effects, such as, hypogonadism and/or opioid abuse, and the influence of placebo as a variable for treatment effect. ACOEM guidelines state that opioids appear to be no more effective than safer analgesics for managing most musculoskeletal symptoms; they should be used only if needed for severe pain and only for a short time. The long-term use of opioid medications may be considered in the treatment of chronic musculoskeletal pain, if: The patient has signed an appropriate pain contract; Functional expectations have been agreed to by the clinician and the patient; Pain medications will be provided by one physician only; The patient agrees to use only those medications recommended or agreed to by the clinician. ACOEM also notes, Pain medications are typically not useful in the

subacute and chronic phases and have been shown to be the most important factor impeding recovery of function. There is no clinical documentation by with objective findings on examination to support the medical necessity of Oxycontin 40 mg for this long period of time or to support ongoing functional improvement. There is no provided evidence that the patient has received benefit or demonstrated functional improvement with the prescribed Oxycontin 40 mg. There is no demonstrated medical necessity for the prescribed Opioids as there is no demonstrated functional improvement for the prescribed high dose opioids. Therefore, Oxycontin 40 mg #60 is not medically necessary.