

Case Number:	CM14-0140076		
Date Assigned:	09/08/2014	Date of Injury:	07/18/2012
Decision Date:	12/24/2014	UR Denial Date:	08/26/2014
Priority:	Standard	Application Received:	08/29/2014

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 Adult Psychiatry and is licensed to practice in Illinois and Wisconsin. 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 47 year old female who was injured in July of 2012. The patient is on Cymbalta 60 mg daily, Xanax 2 mg TID, and Bystolic 5 mg daily. It appears that she is in monthly medication management and sees a therapist as well. The patient's primary complaint appears to be chronic pain complicated by reactive anxiety and depression. Clinical information is fairly sparse and it is not clear what her psychiatric diagnosis is or how long she has been in treatment. The MD is requesting coverage for Bystolic 5 mg # 30, Xanax 2 mg #90 and Cymbalta 30 mg #60 The previous reviewer denied coverage for the Bystolic, authorized coverage for the Cymbalta and modified the Xanax to 45. This is a review for medical necessity for Bystolic 5 mg #30 and the unmodified request for Xanax 2 mg #90.

IMR ISSUES, DECISIONS AND RATIONALES

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

Xanax 2mg #90: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interventions and Treatments Page(s): 24.

Decision rationale: Absent documentation of the presence of a major psychiatric disorder, the State of California MTUS appears to apply in this case. The MTUS indicates that benzodiazepines are not recommended for long term use and indicates a maximum recommended length of treatment of 4 weeks. While it is not known how long this patient has been on Xanax, the documentation submitted indicates that she has been on this medication at least since March. As such the request for an additional month of Xanax should be considered as exceeding the maximum which is recommended by the cited evidence based guideline. Xanax 2mg #90 is not medically necessary and appropriate.

Bystolic 5mg #30: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://dailymed.nlm.nih.gov/dailymed/lookup.cfm?setid=8b8ad213-1dc8-454e-a524-075685c0e1a8>

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: 2014 Physician's Desk Reference.

Decision rationale: ACOEM, State of California MTUS and Official Disability Guidelines (ODG) are silent on this medication and there are no guidelines which pertain to its use in psychiatric disorders. The indication for the medication is not reflected in the records submitted. According to the FDA the only approved indication for this medication is high blood pressure. The records submitted do not indicate a history of hypertension. As such the documentation submitted fails to establish medical necessity for this medication. Bystolic 5mg #30 is not medically necessary and appropriate.