

<b>Case Number:</b>	CM14-0152740		
<b>Date Assigned:</b>	09/22/2014	<b>Date of Injury:</b>	06/13/2002
<b>Decision Date:</b>	11/28/2014	<b>UR Denial Date:</b>	08/29/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/18/2014

### 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 54 years old female patient who sustained an injury on 6/13/2002. The mechanism of the injury was not specified in the records provided. The current diagnoses include cervical radiculopathy, neck pain, and chronic pain syndrome, chronic pain related insomnia, myofascial syndrome and neuropathic pain. Per the doctor's note dated 8/14/2014, she had complaints of pain in bilateral shoulder and arms with tingling and numbness in her left hand. The physical examination revealed positive Tinel's and Phalen's at left wrist. The medications list includes Gabadone, Trepadone, Theramine, Lyrica, Nucynta 75mg, Nucynta ER, Prilosec, Colace, Skelaxin and topical compound ointment. She was prescribed Percura and advised to start physical therapy. She has undergone cervical fusion. She has had urine drug screen report on 2/17/14, 3/10/14, 3/31/14, 4/21/14, 5/6/14, 5/27/14, 6/17/14 and 6/30/14. She has had a trigger point injection for this injury.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Percura 2 Tabs Twice a Day #120 with 1 Refill:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (Web) Pain-Medical Food

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Pain (updated 10/30/14) Percura® Medical food

**Decision rationale:** This is a request for Percura which is a medical food preparation containing amino acids and proprietary ingredients. ACOEM and CA MTUS do not address this medication. Per the ODG cited above, Percura is "Not recommended. Percura is a medical food from Physician Therapeutics that is a proprietary blend of gamma-amino butyric acid, choline bitartrate, L-arginine, L-serine, and other ingredients. It is intended for dietary management of metabolic processes associated with pain, inflammation and loss of sensation due to peripheral neuropathy. See Medical food, Gamma-amino butyric acid (GABA), where it says, "There is no high quality peer-reviewed literature that suggests that GABA is indicated"; Choline, where it says, "There is no known medical need for choline supplementation"; L-Arginine, where it says, "This medication is not indicated in current references for pain or inflammation"; & L-Serine, where it says, "There is no indication for the use of this product." Until there are high quality studies of the ingredients in Percura, it is not recommended." These products still have limited scientific evidence for efficacy and safety profile for the management of pain. The individual contents of these medical food products are not recommended by ODG. The medical necessity of Percura 2 Tabs Twice a Day #120 with 1 Refill is not established at this time.