

Case Number:	CM14-0159628		
Date Assigned:	10/03/2014	Date of Injury:	03/10/2012
Decision Date:	10/29/2014	UR Denial Date:	08/26/2014
Priority:	Standard	Application Received:	09/29/2014

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 Occupational Medicine and is licensed to practice in Texas. 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 injured worker is a 59 year old woman involved in a work related injury from 3/10/12. The injured worker had a right shoulder injury. She underwent arthroscopic shoulder surgery on 7/27/12. She developed complex regional pain syndrome and adhesive capsulitis. There is an 8/5/14 note indicating the injured worker continues to be in severe pain. A comment was made that the injured worker has anxiety and Xanax was dispensed for sleep.

IMR ISSUES, DECISIONS AND RATIONALES

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

Xanax 1mg #60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 24.

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

Decision rationale: The injured worker has anxiety, but there is no use of an anti-depressant or any involvement by a mental health professional in treating her condition. Xanax and other benzodiazepine anxiolytic medications are intended for short term use only. It is not intended for chronic use as it would appear to be the case with this injured worker. There is no indication that the injured worker is having benefit with her psychological issues via the use of this drug. The

Xanax is being used to help with sleep, but there are many other drugs that are appropriate to aid with sleep. Given the data in this case, the request is not medically necessary and appropriate.