

<b>Case Number:</b>	CM14-0160355		
<b>Date Assigned:</b>	10/06/2014	<b>Date of Injury:</b>	01/04/2012
<b>Decision Date:</b>	11/10/2014	<b>UR Denial Date:</b>	09/19/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/30/2014

### 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:

According to the provided documents, this is a 43-year-old woman with the date of injury on 1/4/12; injuries were to the lower back. The specific mechanism of injury is not mentioned in the provided documents. She had surgery on 3/27/14, and postoperative physical therapy. The disputed treatment is Prilosec OTC addressed in a utilization review determination letter from 9/19/14. A 12/17/13 orthopedic report indicated that the pt found it beneficial using over-the-counter ibuprofen; medications were renewed that day including Norco 10/325 mg, Flexeril 7.5 mg, Xanax 1 mg and Naprosyn 550 mg #60. That report made no mention of any current or previous upper gastrointestinal symptoms or illnesses. A 5/13/14 orthopedic report indicated that the patient was taking Prilosec 20 mg to protect the stomach. A 7/15/14 report stated that the patient was using Prilosec 20 mg twice a day then as well as Norco, Naprosyn and Flexeril but there is no mention of why the patient was using the Prilosec and again there is no mention of any upper gastrointestinal symptoms or illnesses. 8/20/14 request for authorization included a request for Prilosec 20 mg #90. There also was a report for "IM gastroenterologist". An 8/26/14 orthopedic report noted only slight improvement in the patient since her surgery, patient was reportedly "miserable" and medications were Xanax for sleep, Norco, and Naprosyn twice a day, Flexeril, and Prilosec 20 mg twice a day. There was no mention of any subjective complaints of upper gastrointestinal symptoms, no abdominal exam was documented, and there were no diagnosis of any gastrointestinal illnesses. In the discussion and recommendations it states that the patient is chronically constipated and that is the reason for the gastroenterologist.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Prilosec OTC:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Proton Pump Inhibitors.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, G.I. symptoms and cardiovascular risk Page(s): 68-69.

**Decision rationale:** Omeprazole, also known as Prilosec is a proton pump inhibitor, supported by MTUS guidelines for concurrent use with nonsteroidal anti-inflammatory medications for patients who are at high risk for gastrointestinal side effects from their medications. There is no mention that the patient is at high risk for gastrointestinal side effects to the NSAIDs. The patient is less than 65. There is no history of peptic ulcer, GI bleeding or perforation. There is no concurrent use of ASA, corticosteroids, and/or an anticoagulant. There is no use of high dose/multiple NSAID. Therefore, based upon the evidence and the guidelines use of Omeprazole is not supported.