

Case Number:	CM14-0163904		
Date Assigned:	10/14/2014	Date of Injury:	07/27/2001
Decision Date:	11/17/2014	UR Denial Date:	10/01/2014
Priority:	Standard	Application Received:	10/06/2014

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 Physical Medicine and Rehabilitation 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:

Medical records reflect the claimant is a 64-year old male who sustained a work injury on 7-27-01. Office visit on 9-11-04 notes the claimant has ongoing neck and back pain with muscle spasms. He uses a cane for ambulation. He reports his pain as 4/10 with medications and 10/10 without medications. The claimant uses a TENS unit with reported improvement and water therapy at a local gym. On exam, the claimant has trigger points. Neurological exam was normal. The claimant ambulates with a limp. He has Allodynia to light touch, cold skin over the right ankle and signs of disuse atrophy at the right lower extremity.

IMR ISSUES, DECISIONS AND RATIONALES

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

1 prescription of Voltaren Gel 1% #100g tube: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113.

Decision rationale: Chronic Pain Medical Treatment Guidelines notes regarding topical NSAIDs that the efficacy in clinical trials for this treatment modality has been inconsistent and most studies are small and of short duration. Topical NSAIDs have been shown in meta-analysis

to be superior to placebo during the first 2 weeks of treatment for osteoarthritis, but either not afterward, or with a diminishing effect over another 2-week period. There is an absence in documentation noting that this claimant cannot tolerate oral medications or that the claimant has failed first line of treatment. Therefore, 1 prescription of Voltaren Gel 1% #100g tube is not medically necessary.

1 prescription of Skelaxin 800mg #90: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines muscle relaxants Page(s): 63-66.

Decision rationale: Chronic Pain Medical Treatment Guidelines as well as ODG does not support the long term use of muscle relaxants. There are no extenuating circumstances to support the long term use of this medication in this case therefore, 1 prescription of Skelaxin 800mg #90 is not medically necessary.

Unknown prescription of Vitamin E solu. 12oz tube(s): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://www.nlm.nih.gov/medlineplus/vitamine.html>

Decision rationale: US National Library of Medicine notes that Vitamin E is an antioxidant that protects body tissue from damage caused by substances called free radicals. Free radicals can harm cells, tissues, and organs. They are believed to play a role in certain conditions related to aging. The body also needs vitamin E to help keep the immune system strong against viruses and bacteria. Vitamin E is also important in the formation of red blood cells and it helps the body use vitamin K. It also helps widen blood vessels and keep blood from clotting inside them. Cells use vitamin E to interact with each other and carry out many important functions. Whether vitamin E can prevent cancer, heart disease, dementia, liver disease, and stroke is still not known. There is an absence in documentation noting that this claimant has any of the conditions for which Vitamin E is supported. Additionally, this is a nonspecific request. Therefore, the medical necessity of this request is not established.