

Case Number:	CM14-0169177		
Date Assigned:	10/17/2014	Date of Injury:	09/21/2011
Decision Date:	11/19/2014	UR Denial Date:	10/03/2014
Priority:	Standard	Application Received:	10/14/2014

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 General Preventive Medicine and is licensed to practice in Indiana. 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 employee is a 58 year old female with date of injury of 9/21/2011. A review of the medical records indicate that the patient is undergoing treatment for right shoulder impingement and lower back/pelvic strain and sprain. Subjective complaints include continued 5/10 pain in her shoulder, neck and lower back. Objective findings include reduced range of motion of the right shoulder with tenderness upon palpation of the rotator cuff, no neurologic or motor defects; reduced range of motion of the cervical and lumbar spine with no evidence of radiculopathy. Treatment has included physical therapy, chiropractic manipulation, shoulder cortisone injections, Norco and Neurontin. The utilization review dated 10/3/2014 non-certified a sleep study.

IMR ISSUES, DECISIONS AND RATIONALES

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

Sleep Consultation/Study: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG, Pain (updated 9/30/14) Office Visits, Polysomnography

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain, Polysomnography

Decision rationale: California Medical Treatment Utilization Schedule (MTUS) is silent regarding sleep apnea studies. ODG states "Polysomnograms / sleep studies are recommended for the combination of indications listed below: (1) Excessive daytime somnolence; (2) Cataplexy (muscular weakness usually brought on by excitement or emotion, virtually unique to narcolepsy); (3) Morning headache (other causes have been ruled out); (4) Intellectual deterioration (sudden, without suspicion of organic dementia); (5) Personality change (not secondary to medication, cerebral mass or known psychiatric problems); & (6) Insomnia complaint for at least six months (at least four nights of the week), unresponsive to behavior intervention and sedative/sleep-promoting medications and psychiatric etiology has been excluded. A sleep study for the sole complaint of snoring, without one of the above mentioned symptoms, is not recommended." Qualified Medical Examination (QME) did not talk about any drowsiness that could be suggestive of "excessive daytime somnolence". The QME did not comment on appropriateness of sleep study or indicate concerns regarding sleep apnea. Medical documents provided did not indicate level of daytime drowsiness, cataplexy/narcolepsy, morning headaches, sudden intellectual degradation, personality changes not attributable to medication, or insomnia that is unresponsive to behavior intervention and sedative/sleep-promoting medications. No other comments or further elaboration was made concerning any of the above criteria. As such, the request for sleep study is not medically necessary.