

<b>Case Number:</b>	CM14-0170369		
<b>Date Assigned:</b>	10/20/2014	<b>Date of Injury:</b>	08/20/2013
<b>Decision Date:</b>	12/12/2014	<b>UR Denial Date:</b>	09/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/15/2014

### 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 Anesthesiology, has a subspecialty in Pain Management 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 records made available for review, this is a 56-year-old male with an 8/20/13 date of injury. At the time (9/17/14) of request for authorization for compound medication; Flurbiprofen 20% with Baclofen, Cyclobenzaprine, Gabapentin, Lidocaine cream x 1 pump = 1.5gram, there is documentation of subjective (low back pain) and objective (tenderness to palpitation over the lumbar spine, decreased range of motion of the lumbar spine, and dysesthesia in the lateral thigh, anterolateral, and posterior leg and foot) findings. The current diagnosis is lumbar disc protrusion at L4-L5 and L5-S1. The treatment to date includes activity modifications, physical therapy, and medications.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Compound medication; Flurbiprofen 20% with Baclofen, Cyclobenzaprine, Gabapentin, Lidocaine cream x 1 pump = 1.5gram: Upheld**

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

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

**Decision rationale:** MTUS Chronic Pain Medical Treatment Guidelines identifies that many agents are compounded as monotherapy or in combination for pain control; that Ketoprofen, Lidocaine (in creams, lotion or gels), Capsaicin in a 0.0375% formulation, Baclofen and other muscle relaxants, and Gabapentin and other anti-epilepsy drugs are not recommended for topical applications; and that any compounded product that contains at least one drug (or drug class) that is not recommended, is not recommended. Within the medical information available for review, there is documentation of a diagnosis of lumbar disc protrusion at L4-L5 and L5-S1. However, the requested compound medication; Flurbiprofen 20% with Baclofen, Cyclobenzaprine, Gabapentin, Lidocaine cream contains at least one drug (Gabapentin and Lidocaine) and one drug class (muscle relaxants (Cyclobenzaprine and Baclofen)) that is not recommended. Therefore, based on guidelines and a review of the evidence, the request for compound medication; Flurbiprofen 20% with Baclofen, Cyclobenzaprine, Gabapentin, Lidocaine cream x 1 pump = 1.5gram is not medically necessary.