

<b>Case Number:</b>	CM14-0174793		
<b>Date Assigned:</b>	10/28/2014	<b>Date of Injury:</b>	07/27/2013
<b>Decision Date:</b>	12/16/2014	<b>UR Denial Date:</b>	10/09/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/22/2014

### 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, has a subspecialty in Interventional Spine 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:

The patient is a 48 year-old female with the date of injury of 07/27/2013. The patient presents with pain in his head and neck, radiating down his upper extremities bilaterally. The patient rates her pain as 7-8/10 on the pain scale, without medication. Examination reveals negative Spurling's sign and Hoffman's sign. There is tenderness over the cervical paraspinals and the trapezius and rhomboids bilaterally. CT scan of head from 07/27/2013 reveals no acute intracranial abnormality and CT of the cervical spine from 07/27/2013 reveals no acute cervical spine fracture, chronic superior endplate compression fractures at T1, T2, and T3. The range of cervical motion is reduced in all directions. The patient is currently taking Tramadol and Oxycontin. The patient is TTD. According to treating physician's report on 09/25/2014, diagnostic impressions are; 1) Headaches 2) Neck pain 3) DDD (degenerative disc disease), cervical 4) Chronic pain 5) Myalgia The utilization review determination being challenged is dated on 10/09/2014. [REDACTED] is the requesting provider, and he provided treatment reports from 04/02/2014 to 09/25/2014.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Ultram 50mg #200:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 76-80.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids  
Page(s): 88, 89, 76-78.

**Decision rationale:** The patient presents with headaches and neck pain. The request is for Ultram 50mg #200. The review of the reports shows that the patient started taking Tramadol (Ultram) 50mg Tab, 1-2 tabs po tid-qid, max 6 a day since at least 05/01/2014. MTUS guidelines page 88 and 89 states, "Pain should be assessed at each visit, and functioning should be measured at 6-month intervals using a numerical scale or validated instrument." MTUS page 78 also requires documentation of the 4As (analgesia, ADLs, adverse side effects, and adverse behavior), as well as "pain assessment" or outcome measures that include current pain, average pain, least pain, intensity of pain after taking the opioid, time it takes for medication to work and duration of pain relief. The review of the reports does not show discussion specific to this medication. There are no four A's discussed. No opiate management including urine toxicology, CURES report discussion. Furthermore, there is no indication of dosage or number of this medication. Given the lack of sufficient documentation demonstrating efficacy for chronic opiate use, the patient should slowly be weaned as outlined in MTUS guidelines. The request is not medically necessary.