MAXIMUS Federal Services

Case Number:	CM14-0022116		
Date Assigned:	05/09/2014	Date of Injury:	04/20/2009
Decision Date:	07/10/2014	UR Denial Date:	02/11/2014
Priority:	Standard	Application Received:	02/21/2014

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 Internal Medicine 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:

The injured worker is a 53 year old male who sustained an injury on 04/20/09 when a portion of a floor gave way causing injury to the left foot and ankle. The injured worker has a noted history of gastritis which was being addressed with the use of Dexilant. The injured worker reported limited benefit from the use of Nexium. Other procedures for the injured worker have included a left ankle arthroscopy followed by open reduction internal fixation completed in October of 2009. The clinical report from 10/30/13 noted a slightly elevated blood pressure at 155/90. The injured worker was obese at 271 lbs. Physical examination noted edema in the right lower extremity. The injured worker was recommended to continue with Dexilant and Simethicone. Diet measures were discussed. Laboratory studies from January of 2014 did note elevated cholesterol and Low-Density Lipoprotein (LDL) cholesterol. The clinical report from 02/06/14 was regarding the injured worker's gastrointestinal complaints. The injured worker did report improvement in overall abdominal pain with the use of medications. The injured worker did describe pain in the epigastric region with associated gas complaints. On physical examination, there was 1+ tenderness to palpation over the epigastric area. The injured worker was recommended to avoid any antiinflammatories. Follow up on 02/13/14 noted improving hypertension with no change in the injured worker's gastric complaints. Average blood pressure was reported as 143/86. Physical examination continued to note 1+ pitting edema in the bilateral lower extremities. The requested Simethicone 80mg, quantity 90 and Acetylsalicylic Acid (ASA) 81mg, quantity 30 were denied by utilization review on 02/12/14.

IMR ISSUES, DECISIONS AND RATIONALES

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

SIMETHICONE 80MG #90: Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

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:Simethicone. (2013). In Physicians' desk reference 67th ed.

Decision rationale: In regards to the use of Simethicone 80mg, quantity 90, this medication is an anti-foaming agent to address gas in the digestive tract. Simethicone can relieve pain caused by gas in the intestines by decreased foaming for easier passer of flatulence. The clinical notes provided for review do indicate that the injured worker had pain secondary to gas formation. The injured worker had been utilizing Simethicone with reported results. Given the injured worker's complaints of gas that was contributing to epigastric pain, this reviewer would have recommended this request.

ASA 81MG #30: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines.

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: Aspirin. (2013). In Physicians' desk reference 67th ed.

Decision rationale: The injured worker is a 53 year old male who sustained an injury on 04/20/09 when a portion of a floor gave way causing injury to the left foot and ankle. The injured worker has a noted history of gastritis which was being addressed with the use of Dexilant. The injured worker reported limited benefit from the use of Nexium. Other procedures for the injured worker have included a left ankle arthroscopy followed by open reduction internal fixation completed in October of 2009. The clinical report from 10/30/13 noted a slightly elevated blood pressure at 155/90. The injured worker was obese at 271 lbs. Physical examination noted edema in the right lower extremity. The injured worker was recommended to continue with Dexilant and Simethicone. Diet measures were discussed. Laboratory studies from January of 2014 did note elevated cholesterol and Low-Density Lipoprotein (LDL) cholesterol. The clinical report from 02/06/14 was regarding the injured worker's gastrointestinal complaints. The injured worker did report improvement in overall abdominal pain with the use of medications. The injured worker did describe pain in the epigastric region with associated gas complaints. On physical examination, there was 1+ tenderness to palpation over the epigastric area. The injured worker was recommended to avoid any antiinflammatories. Follow up on 02/13/14 noted improving hypertension with no change in the injured worker's gastric complaints. Average blood pressure was reported as 143/86. Physical examination continued to note 1+ pitting edema in the bilateral lower extremities. The requested Simethicone 80mg,

quantity 90 and Acetylsalicylic Acid (ASA) 81mg, quantity 30 were denied by utilization review on 02/12/14.