

Case Number:	CM14-0022241		
Date Assigned:	05/09/2014	Date of Injury:	01/30/2013
Decision Date:	09/25/2014	UR Denial Date:	02/10/2014
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 Physical Medicine and Rehabilitation, has a subspecialty in Neuromuscular Medicine and is licensed to practice in Maryland. 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 62 year old female with a work injury dated 1/30/13. The diagnoses include right shoulder tendinitis and bilateral carpal tunnel syndrome status post surgery. The patient underwent on 8/15/13 status post right carpal tunnel release. On 1/22/13 the patient underwent a left carpal tunnel release, Flexor tenosynovectomy, left wrist. A 6/7/13 progress note states that the patient states she has pain in her both wrists. The patient states the pain is 7/10. She describes the pain as throbbing, shooting, sharp pain. She states the pain is more intense when she is very active. She has less pain at rest She describes the pain as a sharp, severe, constant, deep, aching pain with associated weakness, numbness, swelling, and pain radiating globally in the both hands. She states she has no strength in her hands and states the pain has been quite severe. She denies any fever, chills, nausea or vomiting. The patient states since initial date of injury of 01/30/13, the patient states the pain is more severe when she is very active and she has less pain at rest. The patient also states she has pain at every night and she has difficulty in sleeping due to pain as well as difficulty in driving due to pain. The patient has positive median nerve compression test. Positive Tinel's sign. Positive Phalen's test. Negative Finkelstein's test. Negative first CMC grind test. There is obvious edema in both wrists, more severe on the right than the left with obvious asymmetry noted. The shoulder motion is unrestricted. The treatment plan included an injection of Kenalog and Marcaine into the right wrist. Per documentation the patient was seen on February 3, 2014 and was status post left carpal tunnel release. Tenderness in the biceps was noted on the right side with recommendations for a right Cortisone injection, therapy for the left wrist 8 sessions.

IMR ISSUES, DECISIONS AND RATIONALES

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

RIGHT CORTISONE INJECTION: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 9 Shoulder Complaints.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 11 Forearm, Wrist, and Hand Complaints Page(s): 265.

Decision rationale: The ACOEM states that in regards to shoulder tendinitis conservative care, including cortisone injections, can be carried out for at least three to six months before considering surgery. In regards to carpal tunnel syndrome, the ACOEM guidelines state that symptomatic relief from a cortisone/anesthetic injection will facilitate the diagnosis; however, the benefit from these injections is short-lived. The request is not clear as to which body part the injection is for. Without clarification of this information the request for Right Cortisone Injection is not medically necessary.