

Case Number:	CM14-0022760		
Date Assigned:	06/11/2014	Date of Injury:	03/19/2007
Decision Date:	07/31/2014	UR Denial Date:	01/23/2014
Priority:	Standard	Application Received:	02/24/2014

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 Psychiatry and is licensed to practice in Illinois and Wisconsin. 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 is a 58 year old female who was injured in March of 2007. The patient has a diagnosis of Major Depressive Disorder, single episode, moderate. She has been placed on Viibryd. While there is ample information regarding her medical condition there is very little psychiatric information available for review. Her provider was requesting a rheumatology consultation to investigate the possibility of fibromyalgia as well as 12 psychotherapy sessions. The request for the 12 sessions was modified to 6 sessions and the request for the rheumatology consult was denied. This represents an independent review of the denial of coverage for the Rheumatology consult and 6 psychotherapy sessions.

IMR ISSUES, DECISIONS AND RATIONALES

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

RHEUMATOLOGIST REFERRAL: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: The American College of Rheumatology Preliminary Diagnostic Criteria for Fibromyalgia and Measurement of Symptom Severity. Wolfe, Frederick et al. Arthritis Care & Research Vol. 62, No. 5, May 2010, pp 600-610.

Decision rationale: According to the above, diagnostic criteria for fibromyalgia are pain and symptoms over the past week plus fatigue, waking unrefreshed, cognitive problems in addition to general physical symptoms lasting at least three months in the absence of other health problems that would explain the pain and other symptoms. The patient did complain of some nonspecific neck pain but there is insufficient information to suspect fibromyalgia based on the data submitted for review since none of the above mentioned criteria appear to have been met. As such a rheumatology consult for the purpose of ruling out and treating fibromyalgia is not medically necessary.

THE REMAINING PSYCHOTHERAPY (X6): 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), Psychotherapy Guidelines.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress, Procedure Summary.

Decision rationale: As noted above there is very little psychiatric information available. The ODG recommends up to 50 sessions for severe depression. In this case the depression is moderate and up to 13-20 sessions are recommended if progress is being made. There is no indication as to how many sessions the patient has attended to date (it appears 6 have been authorized) or the patient's status. As such medical necessity for the additional 6 sessions is not established since there is no indication as to whether progress is being made in accordance with the above guidelines. Therefore, the request is not medically necessary.