

Case Number:	CM14-0024946		
Date Assigned:	06/11/2014	Date of Injury:	10/12/2012
Decision Date:	08/01/2014	UR Denial Date:	02/19/2014
Priority:	Standard	Application Received:	02/27/2014

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 Florida. 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 53 year-old with a date of injury of 10/12/12. A progress report associated with the request for services, dated 01/31/14, identified subjective complaints of neck pain. Positive findings included decreased sensation in the left C5-6 dermatome. Motor function and reflexes were not documented. Diagnoses included cervical disc disease with left upper radiculopathy. Treatment has included physical therapy and medication. A Utilization Review determination was rendered on 02/19/14 recommending non-certification of C6-C7 epidural steroid injection.

IMR ISSUES, DECISIONS AND RATIONALES

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

C6-C7 epidural steroid injection: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Epidural Steroid Injections. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG).

Decision rationale: The MTUS Chronic Pain Guidelines note that epidural steroids injections (ESI) offer short-term relief from radicular pain, but do not affect impairment or need for surgery. Criteria for ESIs include radiculopathy documented by physical examination and

corroborated by imaging studies and/or electrodiagnostic testing. The Official Disability Guidelines (ODG) states that epidural steroid injections of the neck are recommended as an option for radicular pain. A study showed improvement in pain and function at 4 weeks and also at one year. Criteria for use include: Objective findings of radiculopathy corroborated by imaging studies and/or electrodiagnostic testing; Initially unresponsive to conservative treatment (exercises, physical methods, NSAIDs, and muscle relaxants); They should be done using fluoroscopy; During the diagnostic phase, a maximum of one to two injections and the second block is not indicated if there is an inadequate response to the first block; No more than two nerve roots should be injected using transforaminal blocks and no more than one interlaminar level during one session; If there is a documented response to the diagnostic blocks (50% pain relief for at least 6-8 weeks), then up to 4 blocks per region per year may be used. In this case, the claimant does appear to have mild objective findings of a radiculopathy. However, there is no documentation of associated imaging or electrodiagnostic studies. Likewise, there is insufficient documentation for prior conservative therapy. Therefore, the request for C6-C7 Epidural Steroid Injection is not medically necessary and appropriate.