

Case Number:	CM14-0026130		
Date Assigned:	06/13/2014	Date of Injury:	09/26/2009
Decision Date:	07/28/2014	UR Denial Date:	02/12/2014
Priority:	Standard	Application Received:	02/28/2014

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 Orthopedic Surgery 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 injured worker is a 24-year-old male who was reportedly injured on September 26, 2012. The mechanism of injury was not listed in the records reviewed. The most recent progress note dated January 27, 2014, did not state the injured employee's current physical complaints. There were complaints of anxiety secondary to pain and discomfort. There were diagnoses of posttraumatic stress disorder and major depressive disorder. A request was made for individual psychotherapy, and group psychotherapy was not certified in the pre-authorization process on February 4, 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

INDIVIDUAL PSYCHOTHERAPY SESSIONS 3 X A WEEK FOR 3 MONTHS: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Treatment Page(s): 101-102.

Decision rationale: According to the medical records provided, the injured employee had previously participated in three sessions of outpatient individual psychotherapy and two sessions of stress management therapy prior to a hospital admission on November 22, 2013. The injured

employee was authorized to 72 hour psych admission plus an additional 14 days stay. After discharge, the injured employee was then authorized an additional 16 sessions of interpersonal psychological treatment. Notes, on January 24, 2014, stated that the injured employee was experiencing emotional improvement after discharge but did complain of anxiety secondary to pain and discomfort. Considering the magnitude of previous individual psychotherapy rendered, the attached medical record contains no justification for an additional three months of individual psychotherapy. For this reason, this request for individual psychotherapy is not medically necessary.

GROUP PSYCHOTHERAPY SESSIONS 2 X A WEEK FOR 3 MONTHS: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Treatment Page(s): 101-102.

Decision rationale: According to the medical records provided, the injured employee had previously participated in three sessions of outpatient individual psychotherapy and two sessions of stress management therapy prior to a hospital admission on November 22, 2013. The injured employee was authorized to 72 hour psych admission plus an additional 14 days stay. After discharge, the injured employee was then authorized an additional 16 sessions of interpersonal psychological treatment. Notes, on January 24, 2014, stated that the injured employee was experiencing emotional improvement after discharge but did complain of anxiety secondary to pain and discomfort. Considering the magnitude of previous individual psychotherapy rendered whether any individual or group setting, the attached medical record contains no justification for an additional three months of group psychotherapy. For this reason this request for group psychotherapy is not medically necessary.