

Case Number:	CM14-0026306		
Date Assigned:	06/13/2014	Date of Injury:	04/06/1994
Decision Date:	08/11/2014	UR Denial Date:	02/20/2014
Priority:	Standard	Application Received:	03/03/2014

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 and is licensed to practice in Nevada. 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 records presented for review indicate that this 64-year-old male was reportedly injured on April 6, 1994. The mechanism of injury was not listed in the records reviewed. The most recent progress note, dated December 26, 2013, indicated that there were ongoing complaints of neck pain and low back pain radiating to the right lower extremity. The notes on this date state that participation in a [REDACTED] program was previously authorized and the injured employee will begin this week. According to [REDACTED] on January 30, 2014, the injured employee has lost 21.4 pounds in eight weeks' time. Previous treatment included multiple spine surgeries, right knee surgery, right shoulder surgery, and a right carpal tunnel release. A request had been made for [REDACTED] for 36 additional weeks and was not certified in the pre-authorization process on February 20, 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

[REDACTED] X36 (ADDITIONAL) WEEKS: 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 website, <http://www.webmd.com/diet/jenny-craig-diet>.

Decision rationale: According to the progress note, December 26, 2013, the injured employee has been pre-authorized to participate in a [REDACTED] weight loss program and has lost over 21 pounds in the initial eight weeks attendance. While this is good progress, it is unclear why the injured employee must attend for an additional 36 weeks rather than apply these weight loss strategies on his own with a home diet and exercise program. Without specific justification why this cannot occur, this request for an additional 36 weeks of participation in a [REDACTED] weight loss program is not medically necessary.