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| <b>Case Number:</b>   | CM14-0027046 |                              |            |
| <b>Date Assigned:</b> | 06/13/2014   | <b>Date of Injury:</b>       | 05/31/2013 |
| <b>Decision Date:</b> | 09/15/2014   | <b>UR Denial Date:</b>       | 02/10/2014 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 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 Occupational Medicine 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:

This is a 33-year-old female with a 5/31/13 date of injury. The exact mechanism of injury has not been described. On 2/28/14, the patient complains of pain in her head, neck, upper back, and lower back, as well as difficulty falling asleep and depression. She reports that the use of Naproxen and Norco are helpful in reducing sequelae arising from her injury. Objective exam shows a normal neurological exam with reduced ROM of the cervical, thoracic and lumbar spine. Diagnostic Impression is Cervical Sprain, Thoracic and Lumbar sprain.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**NAPROXEN 550 #90:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs Page(s): S 66-68.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG, Pain Chapter.

**Decision rationale:** The California MTUS states that NSAIDs are effective, although they can cause gastrointestinal irritation or ulceration or, less commonly, renal or allergic problems. Studies have shown that when NSAIDs are used for more than a few weeks, they can retard or impair bone, muscle, and connective tissue healing and perhaps cause hypertension. In addition,

ODG states that there is inconsistent evidence for the use of these medications to treat long-term neuropathic pain, but they may be useful to treat breakthrough pain. However, there is no clear description of functional improvement from the use of Naproxen. The only documentation provided in the note reviewed regarding Naproxen was that the use of both Norco and Naproxen help reduce the sequelae arising from her injury. There is no clear discussion of functional improvement or gains in activities of daily living. The patient is noted to have generalized pain throughout her entire body, as well as ongoing headaches, depression, insomnia, and sexual dysfunction. From the records provided, the patient does not appear to have any relief of her symptoms from the use of Naproxen. Therefore, the request for Naproxen 550 mg #90 was not medically necessary.