

Case Number:	CM14-0027485		
Date Assigned:	06/13/2014	Date of Injury:	01/19/2000
Decision Date:	08/11/2014	UR Denial Date:	02/12/2014
Priority:	Standard	Application Received:	03/04/2014

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 Anesthesia, has a subspecialty in Acupuncture & Pain 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:

The patient is a 53 year old female injured worker with date of injury 1/19/00 with related low back pain. Per progress report dated 1/10/14, the injured worker reported increasing pain in her low back with radiation down the leg. She had numbness and tingling down the leg. Per physical exam, there was tenderness to palpation in the paraspinal musculature; there was paraspinal spasm; Straight Leg Raise test was positive; sensation to light touch was decreased in C6. MRI of the lumbar spine dated 11/6/13 revealed L4-L5 and L5-S1 posterior disc bulges with severe bilateral foraminal narrowing and bilateral nerve root compromise at L4-L5 and L5-S1. The documentation submitted for review does not state whether physical therapy was utilized. Treatment to date has included cervical and lumbar epidural steroid injections, and medication management. The date of UR decision was 2/12/14.

IMR ISSUES, DECISIONS AND RATIONALES

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

LUMBAR ESI (EPIDURAL STEROID INJECTION) L4-S1: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 12 Low Back Complaints.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Epidural Steroid Injections Page(s): 46.

Decision rationale: Per the MTUS CPMTG epidural steroid injections are used to reduce pain and inflammation, restoring range of motion and thereby facilitating progress in more active treatment programs and avoiding surgery, but this treatment alone offers no significant long-term benefit. The criteria for the use of epidural steroid injections are as follows: 1) Radiculopathy must be documented by physical examination and corroborated by imaging studies and/or electrodiagnostic testing. 2) Initially unresponsive to conservative treatment (exercises, physical methods, NSAIDs and muscle relaxants). 3) Injections should be performed using fluoroscopy (live x-ray) for guidance. 4) If used for diagnostic purposes, a maximum of two injections should be performed. A second block is not recommended if there is inadequate response to the first block. Diagnostic blocks should be at an interval of at least one to two weeks between injections. 5) No more than two nerve root levels should be injected using transforaminal blocks. 6) No more than one interlaminar level should be injected at one session. 7) In the therapeutic phase, repeat blocks should be based on continued objective documented pain and functional improvement, including at least 50% pain relief with associated reduction of medication use for six to eight weeks, with a general recommendation of no more than 4 blocks per region per year. (Manchikanti, 2003) (CMS, 2004) (Boswell, 2007) and 8) Current research does not support a series-of-three injections in either the diagnostic or therapeutic phase. We recommend no more than 2 ESI injections. Per progress report dated 9/27/13, the injured worker was status post lumbar epidural injection. It was noted that she had been improving in her symptoms. She had less pain in the back and radicular symptoms. However, it was not specified what percent of pain relief was associated with this injection, or how long pain relief lasted. Additionally, no reduction of medication usage was noted. As the criteria is not met, the request is not medically necessary.