

<b>Case Number:</b>	CM14-0030807		
<b>Date Assigned:</b>	05/09/2014	<b>Date of Injury:</b>	06/25/2013
<b>Decision Date:</b>	07/09/2014	<b>UR Denial Date:</b>	12/16/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/27/2014

### 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 licensed in Acupuncture 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 30 year old female with a date of injury of 06/25/2013. According to the initial consultation report dated 2/1/2014, the patient complained of depressed mood, feeling of excessive sadness, anxiety, stress, reports of insomnia, fatigue and social withdrawal. Significant objective findings include moderate depression, moderate anxiety, and insomnia due to pain. The patient was diagnosed with adjustment disorder with mixed anxiety and depressed mood.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**ACUPUNCTURE 2X6 FOR ANXIETY:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Acupuncture Treatment Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Acupuncture Treatment Guidelines.

**Decision rationale:** The acupuncture medial guidelines recommend acupuncture for pain. It recommends an initial 3-6 visits over 1-2 months to produce functional improvements. It states that acupuncture may be extended if there is documentation of functional improvement. According to the utilization reviewer's decision dated 12/16/2013, the reviewer approved 6 out of 12 acupuncture visits for anxiety/pain. There was no documentation of functional improvement from those visits. In addition, the provider's request exceeds the guidelines recommendations.

Therefore, the provider's request for acupuncture 2 times a week for 6 weeks is not medically necessary.