

Case Number:	CM14-0031729		
Date Assigned:	06/20/2014	Date of Injury:	04/10/2012
Decision Date:	08/21/2014	UR Denial Date:	03/05/2014
Priority:	Standard	Application Received:	03/12/2014

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 Psychologist and is licensed to practice in Utah. 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 47-year-old male who has submitted a claim for major depressive disorder, male hypoactive sexual disorder, and insomnia associated with an industrial injury date of 04/10/2012. Medical records from 2013 were reviewed. The patient has complaints of feeling of sadness, anxiety and irritability, associated with headaches and insomnia. He worried excessively about his physical and emotional condition. He lacked energy and motivation, had lost interest in activities he once enjoyed, and had poor sexual desire. A mental status examination showed that patient was apprehensive and anxious, in a dysphoric mood and bodily tension. The patient's treatments to date have included psychotherapy visits and medications. A utilization review from 03/05/2014 denied the request for 12 medical hypnotherapy / relaxation training 1 time per week for 12 weeks because patient had completed 125 individual psychotherapy visits and there was no reasonable expectation of significant improvement with further treatment.

IMR ISSUES, DECISIONS AND RATIONALES

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

12 sessions of Medical/hypnotherapy/relaxation training 1x a week for 12 weeks.: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress Chapter, Hypnosis.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Pain Chapter, Hypnosis.

Decision rationale: The CA MTUS does not address the topic on hypnotherapy. Per the Strength of Evidence hierarchy established by the California Department of Industrial Relations, Division of Workers' Compensation, the Official Disability Guidelines was used instead. ODG states that hypnosis is recommended as a conservative option, depending on the availability of providers with proven outcomes, but the quality of evidence is weak. Hypnosis treatment may have a positive effect on pain and quality of life for patients with chronic muscular pain. An initial trial of 4 visits over 2 weeks is recommended, and with evidence of objective functional improvement, total of up to 10 visits over 6 weeks. In this case, treatment goals for relaxation training were: to decrease depressive symptoms, to improve sleep, and to manage feelings of nervousness. However, prior utilization review cited that patient had already completed 125 individual psychotherapy visits. There was no objective functional improvement noted from these sessions as patient continued to experience feelings of sadness, anxiety and irritability. The medical necessity for continuing psychotherapy was not established. Therefore, the request for 12 sessions of Medical/Hypnotherapy/Relaxation Training 1x a week for 12 weeks is not medically necessary.