

<b>Case Number:</b>	CM14-0033475		
<b>Date Assigned:</b>	06/20/2014	<b>Date of Injury:</b>	09/08/2008
<b>Decision Date:</b>	07/22/2014	<b>UR Denial Date:</b>	02/24/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	03/17/2014

### 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 Psychiatry 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 45y/o female injured worker with date of injury 9/8/08. Per 1/22/14 report, her persistent pain had caused her to become increasingly more depressed and despondent. "In the last 2-3 years, she was fired from her job and put on permanent disability on October 30, 2009. She claimed that she was not able to do any modified work because of persistence of pain at that time. She describes the level of depression on a scale of 0 to 10 at 10 and she feels frustrated that she had not been able to seek any psychiatric care and treatment. She has difficulty falling asleep. She wakes up with nightmares and bad dreams. Her pain keeps her awake. On an average, she sleeps about 3-4 hours and wakes up at 3 o'clock in the morning, cannot go back to sleep. Her appetite has been poor, she has lost a lot of weight recently. She has spontaneous crying spells. She admits to having some morbid thoughts, feelings of helplessness and hopelessness. She thinks about suicide all the time, but has not made any attempt on her life. She is, however, becoming increasingly more depressed and is afraid she might end up killing herself if she does not get help."

### IMR ISSUES, DECISIONS AND RATIONALES

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

**MEDICATION MANAGEMENT X12, ONCE A MONTH FOR 12 MONTHS:** 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).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness & Stress, Office Visits.

**Decision rationale:** The ODG states "Office visits are recommended as determined to be medically necessary. The need for clinical office visit with a health care provider is individualized based upon the review of patient concerns, signs, symptoms, clinical stability and reasonable physician judgment. The determination is also based on what medications the patient is taking, since some medications such as opiates, or medicines such as certain antibiotics, require close monitoring. As patient conditions are extremely varied, a set number of office visits per condition cannot be reasonably established. The determination of necessity for an office visit requires individualized case review and assessment, being ever mindful that the best patient outcomes are achieved with eventual patient independence from health care system through self care as soon as clinically feasible." Review of the submitted documentation revealed that the injured worker is only using Lidoderm pain patches and Ibuprofen to control her pain. As the injured worker is not currently taking any psychotropic medications, medication management visits are not medically necessary.