MAXIMUS Federal Services

Case Number:	CM14-0037133		
Date Assigned:	06/25/2014	Date of Injury:	05/28/2009
Decision Date:	07/25/2014	UR Denial Date:	03/24/2014
Priority:	Standard	Application Received:	03/27/2014

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 Board Certified in Preventive Medicine and is licensed to practice in Indiana. 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 employee is a 59 year old woman, who stopped working in 2009 due to a worsening trouble breathing. Her breathing has progressively worsened, and she currently requires oxygen by nasal canula even upon rest. She has been diagnosed with pneumoconiosis and interstitial lung disease from her work environment. Her current medications for her pulmonary issues include celecept, septra, prednison, advair, and proair. She is a candidate for a lung transplant, but she needs to lose 50 lbs before the surgery can be done.

IMR ISSUES, DECISIONS AND RATIONALES

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

8 month weight loss program: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management. Decision based on Non-MTUS Citation http://www.ncbi.nlm.nih.gov/pubmed/15630109.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management Page(s): 75-83.

Decision rationale: The guidelines referenced state that "to achieve functional recovery, patients must assume certain responsibilities. It is important that patients stay active. They must adhere to exercise and medication regimens. There is no medical documentation of the patient trying

and failing various other weight loss programs. There are no notes of her previous tries at diet modification or exercise. Therefore an 8 month weight loss program is not medically necessary.