

<b>Case Number:</b>	CM14-0038349		
<b>Date Assigned:</b>	06/25/2014	<b>Date of Injury:</b>	05/24/1996
<b>Decision Date:</b>	08/11/2014	<b>UR Denial Date:</b>	03/26/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/01/2014

### 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 Family Medicine and is licensed to practice in Arizona. 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:

Patient is a 42-year old male with a date of injury on 5/24/1996. Diagnosis is of chronic lumbar pain. Subjective complaints show low back pain 6/10 that has been helped with the addition of Lyrica, and patient was unable to wean back on the Hydrocodone dose. Physical exam shows mild pain and distress, and that the patient was tremulous. Exam of the heart, lungs, and skin was normal. Medications include Cyclobenzaprine 10mg, Hydrocodone/APAP 10/325mg twice a day as needed for breakthrough pain, Lyrica 75 mg, Methadone 5mg, and Etodolac 500mg. Office records note that time was spent reviewing pain contract and medications, and that drug screen was ordered.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Hydrocodone-acetaminophen 10-325mg number one hundred twelve (112) with 2 refills:**  
Overturned

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines OPIOIDS Page(s): 74-96.

**Decision rationale:** CA Chronic Pain Guidelines has specific recommendations for the ongoing management of opioid therapy. Clear evidence should be presented about the degree of analgesia, level of activity of daily living, adverse side effects, or aberrant drug taking behavior. For this patient, documentation shows stability on medication, increased functional ability, and no adverse side effects. Furthermore, documentation is present of MTUS opioid compliance guidelines, including urine drug screen, attempts at weaning, and ongoing efficacy of medication. Therefore, the use of Hydrocodone-Acetaminophen 10-325mg number one hundred twelve (112) with 2 refills is medically necessary.

**Cyclobenzaprine HCL 10mg, unspecified amount:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines  
CYCLOBENZAPRINE Page(s): 41-42.

**Decision rationale:** CA MTUS guidelines indicate that the use of cyclobenzaprine should be used as a short term therapy and the effects of treatment are modest and may cause adverse effects. This patient had been using muscle relaxers chronically, which is longer than the recommended course of therapy of 2-3 weeks. Furthermore, muscle relaxers in general show no benefit beyond NSAIDS in pain reduction of which the patient was already taking. There is no evidence in the documentation that suggests the patient experienced improvement with the ongoing use of cyclobenzaprine. Due to clear guidelines suggesting cyclobenzaprine as short term therapy and no clear benefit from adding this medication the requested prescription for cyclobenzaprine is not medically necessary.