

Case Number:	CM14-0040308		
Date Assigned:	06/27/2014	Date of Injury:	08/10/2011
Decision Date:	08/20/2014	UR Denial Date:	03/29/2014
Priority:	Standard	Application Received:	04/07/2014

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 Practice 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:

35 yr. old female claimant sustained a cumulative work injury from 9/1/03-2/28/12 involving the hands and elbows. She was diagnosed with carpal tunnel syndrome and epicondylitis of both upper extremities. Her pain had been managed for several years with opioids (Tramadol) and NSAIDs. A progress note on 3/13/14 indicated her pain was 2-4/10 in varied regions of the neck, shoulders and wrists. She was continued on Tramadol and Colace 100 mg BID was initiated.

IMR ISSUES, DECISIONS AND RATIONALES

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

Colace 100mg: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation McKay SL, Fravel M, Scanlon C. Management of constipation Iowa City, IA: University of Iowa Gerontological Nursing Interventions Research Center, Research Translation and Dissemination Core; 2009 Oct 51p.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 77.

Decision rationale: According to the MTUS guidelines, Prophylactic treatment of constipation should be initiated with the use of opioids. In this case, the claimant had been on opioids over 2 years. A stool softener was not initiated previously. There was no abdominal complaints or

constipation mentioned on the examination in March 2014. The physical exam did not include the gastrointestinal system. There was no indication of initiating Colace and is therefore not medically necessary.