

Case Number:	CM14-0042095		
Date Assigned:	06/30/2014	Date of Injury:	06/10/2013
Decision Date:	09/12/2014	UR Denial Date:	04/01/2014
Priority:	Standard	Application Received:	04/08/2014

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 49 year old male with a date of injury on 6/10/2013. Diagnoses include lumbar disc herniation, thoracic sprain, right shoulder sprain, left knee sprain, and left ankle sprain. Subjective complaints are of upper back pain, low back pain, right shoulder pain, left knee pain, and left ankle pain. Physical exam shows tenderness in the thoracic and lumbar spine with spasm. Current medications include Naproxen, Pantoprazole, cyclobenzaprine, and tramadol.

IMR ISSUES, DECISIONS AND RATIONALES

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

Flurbiprofen/Capsaicin/Menthol 120 mg: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical analgesics, capsaicin Page(s): 111-113. Decision based on Non-MTUS Citation ODG, compound drugs.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS Page(s): 111-113.

Decision rationale: CA Chronic Pain Guidelines are clear that if the medication contains one drug that is not recommended the entire product should not be recommended. While capsaicin has some positive results in treating osteoarthritis, fibromyalgia and non-specific back pain, it has shown moderate to poor efficacy. CA MTUS indicates that topical NSAIDs have been

shown in meta-analysis to be superior to placebo during the first 2 weeks of treatment for osteoarthritis, but with a diminishing effect over another 2-week period. CA MTUS also indicates that topical NSAIDs are not recommended for neuropathic pain as there is no evidence to support their use. The menthol component of this medication has no specific guidelines or recommendations for its indication or effectiveness. Therefore, the medical necessity for this compounded medication is not medically necessary.

Ketoprofen/Cyclobenzaprine/Lidocaine 120 mg: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical anagesics, Ketoprofen, other muscle relaxants, Lidocaine Page(s): 111-113. Decision based on Non-MTUS Citation ODG, Compound drugs.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines TOPICAL ANALGESICS Page(s): 111-113.

Decision rationale: CA Chronic Pain Guidelines are clear that if the medication contains one drug that is not recommended the entire product should not be recommended. Topical lidocaine in the form of Lidoderm may be recommended for localized peripheral pain. No other commercially approved topical formulations of lidocaine are indicated. CA MTUS indicates that topical NSAIDs have been shown in meta-analysis to be superior to placebo during the first 2 weeks of treatment for osteoarthritis, but with a diminishing effect over another 2-week period. Guidelines do not recommend topical cyclobenzaprine as no peer-reviewed literature support their use. Therefore, the medical necessity for this topical medication is not medically necessary.