

Case Number:	CM14-0050291		
Date Assigned:	06/25/2014	Date of Injury:	10/25/2013
Decision Date:	08/08/2014	UR Denial Date:	03/05/2014
Priority:	Standard	Application Received:	03/24/2014

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 Anesthesiology, has a subspecialty in Pain Management 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:

According to the records made available for review, this is a 54-year-old female with a 10/25/13 date of injury. At the time (3/4/14) of request for authorization for TENS Unit (with supplies), Home Based Trial, there is documentation of subjective (intermittent moderate to severe neck pain, upper/mid back pain, and bilateral shoulder pain that radiates to the hands) and objective (3+ tenderness to palpation of cervical and thoracic paravertebral muscles, acromioclavicular joint, anterior shoulder and posterior shoulder bilaterally, cervical compression causes pain bilaterally, spasm of thoracic paravertebral muscles, and impingement causes bilateral shoulder pain) findings, current diagnoses (cervical radiculopathy, cervical sprain/strain, thoracic musculoligamentous injury, left shoulder impingement syndrome, left shoulder internal derangement, left shoulder myoligamentous injury, right shoulder internal derangement, and right shoulder myoligamentous injury), and treatment to date (medications (including NSAIDs and compound creams) and activity modifications). There is no documentnation of a treatment plan including the specific short- and long-term goals of treatment with the TENS unit.

IMR ISSUES, DECISIONS AND RATIONALES

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

TENS Unit (with supplies), Home Based Trial: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines TENS, chronic pain (transcutaneous electrical nerve stimulation) Page(s): 114-116.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Transcutaneous electrical nerve stimulation (TENS) Page(s): 113-117.

Decision rationale: MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of pain of at least three months duration, evidence that other appropriate pain modalities have been tried (including medication) and failed, a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration, and a treatment plan including the specific short- and long-term goals of treatment with the TENS, as criteria necessary to support the medical necessity of a month trial of a TENS unit. In addition, MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of how often the unit was used, outcomes in terms of pain relief and function, and other ongoing pain treatment during the trial period (including medication use), as criteria necessary to support the medical necessity of continued TENS unit. Within the medical information available for review, there is documentation of diagnoses of cervical radiculopathy, cervical sprain/strain, thoracic musculoligamentous injury, left shoulder impingement syndrome, left shoulder internal derangement, left shoulder myoligamentous injury, right shoulder internal derangement, and right shoulder myoligamentous injury. In addition, there is documentation of pain of at least three months duration, evidence that other appropriate pain modalities have been tried (including medication) and failed, and a statement identifying that the TENS unit will be used as an adjunct to a program of evidence-based functional restoration. However, despite documentation of the requested TENS Unit (with supplies), Home Based Trial, there is no documentation of a treatment plan including the specific short- and long-term goals of treatment with the TENS. Therefore, based on guidelines and a review of the evidence, the request for TENS Unit (with supplies), Home Based Trial is not medically necessary.