

<b>Case Number:</b>	CM14-0051518		
<b>Date Assigned:</b>	06/23/2014	<b>Date of Injury:</b>	11/08/2010
<b>Decision Date:</b>	07/18/2014	<b>UR Denial Date:</b>	03/15/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	03/21/2014

### 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 Physical Medicine and Rehabilitation, 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:

This is a patient with a date of injury of 11/8/10. A utilization review determination dated 3/15/14 recommends non-certification of hand rails for toilet and shower. 4/23/14 medical report identifies no abnormal findings on exam. It notes that the patient's medications have provided functional improvement by allowing him to get out of bed in the morning, dress with help, toilet without, eat meals and participate in other structured activities at home. Diagnoses include displacement of lumbar intervertebral disc without myelopathy, lumbago, sciatica, and other testicular hypofunction.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**1 Hand rail for toilet (to be supplied by [REDACTED]): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation OFFICIAL DISABILITY GUIDELINES (ODG) KNEE CHAPTER, DURABLE MEDICAL EQUIPMENT (DME), SHOWER GRAB BARS.

**Decision rationale:** Regarding the request for hand rail for toilet, California MTUS does not address the issue. ODG does not address the issue in the low back chapter, but the knee chapter

cites that most bathroom and toilet supplies do not customarily serve a medical purpose and are primarily used for convenience in the home. They also note that medical conditions that result in physical limitations for patients may require patient education and modifications to the home environment for prevention of injury, but environmental modifications are considered not primarily medical in nature. Furthermore, they note that grab bars are considered a self-help device, not primarily medical in nature. Within the documentation available for review, it appears that the medications allow the patient to perform bathroom activities without assistance, and there is no clear rationale presented identifying the medical necessity of hand rails for the toilet and shower. In light of the above issues, the currently requested hand rail for toilet is not medically necessary.

**1 Hand rail for shower (to be supplied by [REDACTED]): Upheld**

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation OFFICIAL DISABILITY GUIDELINES (ODG) KNEE CHAPTER, DURABLE MEDICAL EQUIPMENT (DME), SHOWER GRAB BARS.

**Decision rationale:** Regarding the request for hand rail for shower, California MTUS does not address the issue. ODG does not address the issue in the low back chapter, but the knee chapter cites that most bathroom and toilet supplies do not customarily serve a medical purpose and are primarily used for convenience in the home. They also note that medical conditions that result in physical limitations for patients may require patient education and modifications to the home environment for prevention of injury, but environmental modifications are considered not primarily medical in nature. Furthermore, they note that grab bars are considered a self-help device, not primarily medical in nature. Within the documentation available for review, it appears that the medications allow the patient to perform bathroom activities without assistance, and there is no clear rationale presented identifying the medical necessity of hand rails for the toilet and shower. In light of the above issues, the currently requested hand rail for shower is not medically necessary.