

Case Number:	CM14-0058847		
Date Assigned:	07/09/2014	Date of Injury:	06/08/2007
Decision Date:	08/29/2014	UR Denial Date:	04/14/2014
Priority:	Standard	Application Received:	04/29/2014

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 Internal Medicine and is licensed to practice in Maryland. 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:

The injured worker is a 50-year-old male who sustained an industrial injury on June 8, 2007, August 4, 2009 as well as March 31, 2011. He was diagnosed with right ankle sprain, possible chip fracture in 2009. He also had a history of distal fibula fracture and medial malleolus fracture with open reduction internal fixation in June of 2007, status post removal of tibial screw, decompression of great saphenous nerve, hardware removal in the right ankle in January of 2012, right ankle scope in February of 2013 with debridement, arthroscopy, synovectomy and removal of loose bodies. He also carried diagnoses of thoracolumbar spine strain and sprain with compression fracture at T5, cervical spine sprain and strain with disc protrusion at C3-C4 and left knee confusion with possible internal derangement. The employee was seen by the neurologist on February 27, 2014. Pertinent subjective complaints included headaches, dizziness, neck pain, lower back pain, right ankle pain, left knee pain and anxiety. His medications included Cialis, Hydrocodone/APAP 10/325 mg, Zolpidem 10 mg, Lisinopril 40 mg and Hydrochlorothiazide. On examination he was noted to have tenderness to palpation of the upper cervical paraspinal muscles bilaterally and also was noted to have lightheadedness with rapid head turning. The Epworth sleepiness scale was normal at 3 out of 24. The plan of care included a refill of Zolpidem 10 mg, Hydrocodone/APAP and a refill of Promolaxin. He was also seen by the neurologist in October and November of 2013 and was given prescriptions for Zolpidem 10mg. In October of 2013 he was also seen by a psychologist for insomnia and was given a prescription for Zolpidem 12.5mg #30 with 2 refills. At the time of the last visit it appeared that the patient was working restricted duty.

IMR ISSUES, DECISIONS AND RATIONALES

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

Zolpidem 10mg with 2 refills.: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Zolpidem.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chronic Pain, Zolpidem.

Decision rationale: The employee was being treated for ankle pain, low back pain, dizziness, headaches and insomnia. He had been on Zolpidem 10mg at least for a period of one year since 2013. According to Official Disability Guidelines, the long-term use of Zolpidem as a nightly Sleep-Aid is not recommended since it is habit forming and also increases depression and pain over long-term. In addition there is no documentation to support use of nonpharmacologic measures such as CBT to alleviate the employees sleep disturbances. The request for Zolpidem 10mg is not medically necessary.