

<b>Case Number:</b>	CM14-0059283		
<b>Date Assigned:</b>	07/09/2014	<b>Date of Injury:</b>	11/04/2013
<b>Decision Date:</b>	10/02/2014	<b>UR Denial Date:</b>	04/08/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/30/2014

### 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 Occupational Medicine and is licensed to practice in Illinois. 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 56-year-old man with a date of injury of Nov 4, 2013 when the seat he was riding on in a van flew forward when the van braked, injuring his head, neck, back and knees. He now complains of diffuse spine pain, headaches, bilateral knee pain, depression, anxiety and insomnia. He takes/has taken Naproxen, Ibuprofen, Omeprazole, Hydrocodone and Tizanidine.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Compound: Gaba/Dexra/Amit/In a Mediderm Base 240 gm:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, Gabapentin Page(s): 111,113.

**Decision rationale:** TThe injured worker is taking non-steroidal anti-inflammatory drugs (NSAIDs) orally with or without opiates for his diffuse musculoskeletal pain. Regarding topical analgesics: the Medical Treatment Utilization Schedule (MTUS) states that topical analgesics are recommended as an option, although they are largely experimental in use, with few randomized controlled trials to determine efficacy or safety. They are primarily recommended for

neuropathic pain when trials of antidepressants and anticonvulsants have failed. These agents are applied locally to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. Many agents are compounded as monotherapy or in combination for pain control (including non-steroidal anti-inflammatory drugs [NSAIDs], opioids, Capsaicin, local anesthetics, antidepressants, Glutamate receptor antagonists,  $\alpha$ -adrenergic receptor agonist, Adenosine, Cannabinoids, Cholinergic receptor agonist, Prostanoids, Bradykinin, Adenosine Triphosphate, Biogenic Amines, and nerve growth factor). There is little to no research to support the use of many of these agents. In addition, any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended. The use of these compounded agents require knowledge of the specific analgesic effect of each agent and how it will be useful for the specific therapeutic goal required. The medication- compound Gaba/Dexra/Amit/In a Mediderm Base 240 gm is not medically necessary or appropriate since Gabapentin is not recommended, as there is no peer-reviewed literature to support its use.