

Case Number:	CM14-0062606		
Date Assigned:	07/11/2014	Date of Injury:	02/21/2009
Decision Date:	09/08/2014	UR Denial Date:	04/23/2014
Priority:	Standard	Application Received:	05/05/2014

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 Geriatrics and is licensed to practice in New York. 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 woman with a date of injury of 2/21/09. She was seen by her primary treating physician on 4/7/14 with complaints of pain in her lumbosacral spine with walking and knee pain. She was participating in pool therapy until she sustained a right humerus fracture. She also had a history of diabetes and heart attack per the note. The note documents that her weight has increased since her injury from 200lbs to 250lbs with a height of 5'4" and a BMI of 34-35. Her physical exam showed increased lordotic curve, tenderness to palpation and increased back pain with straight leg raises. Her diagnoses were lumbosacral myofascial strain, gait with limp and right knee condition. At issue in this review is the request for authorization of a weight loss program (██████████).

IMR ISSUES, DECISIONS AND RATIONALES

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

Weight loss program (██████████): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Kate Jolly et al (2011).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Medically supervised weight loss program: Spine J. 2011 Mar;11(3):197-204. Pilot evaluation of a multidisciplinary, medically supervised, nonsurgical weight loss program on the

severity of low back pain in obese adults and 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. J Am Coll Cardiol. 2013.

Decision rationale: This injured worker has had increase in weight since her injury in 2009 with a BMI in the obesity range. A pilot prospective cohort study suggested that a 52 week multidisciplinary, supervised nonsurgical weight loss program in obese patients with low back pain improved pain and function. However, a 3 month program was requested and there is no documentation in the records of attempts at other past weight loss modalities or exercise programs. Additionally, per the 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society, healthcare providers should develop individualized weight loss plans that include three key components - a moderately reduced calorie diet, a program of increased physical activity and the use of behavioral strategies to help patients achieve and maintain a healthy body weight. The records also do not document a comprehensive weight loss plan or what the weight loss is targeting with regards to function or pain. The records do not support the medical necessity of a weight loss program (██████████).