

<b>Case Number:</b>	CM14-0063634		
<b>Date Assigned:</b>	07/11/2014	<b>Date of Injury:</b>	04/24/2012
<b>Decision Date:</b>	09/10/2014	<b>UR Denial Date:</b>	04/14/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/06/2014

### 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 Psychiatry, has a subspecialty in Psychiatry Child & Adolescent 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:

The injured worker is a 39 year old female who was injured at work on 4/24/2012. She was working in the hospital, and during her work duties, opened the door into the decontamination area, while someone else pushed a heavy cart with surgical instruments towards her, striking her, knocking her backwards, striking her right elbow on the hard doorknob, injuring her right shoulder at the same time. She developed pain, tingling, numbness, with radiation of pain into her right shoulder and right forearm and hand. MRI of the right shoulder, resulted in a later diagnoses of cervical sprain, right shoulder muscular tears, left shoulder injury, as well as bilateral cubital tunnel and bilateral carpal tunnel syndromes. Treatment included analgesic medications, physical therapy, and two steroid injections into the right shoulder. She continued to experience pain. The progress report dated 10/28/13 noted that the injured worker was depressed and stressed due to the work related injury and that she had missed her previous psych appointment. A planned right shoulder surgery was postponed due to her recent pregnancy and wanting to wait for her baby to be able to walk first. There is no additional documentation of any mental health symptoms, or any formal mental health diagnosis. A referral for a psychiatric consultation was made.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Requested treatment: Consultation with a psychiatrist.: Upheld**

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 398.

**MAXIMUS guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 398.

**Decision rationale:** MTUS guidelines indicate that individuals suffering from mental health symptoms, as well as those with chronic pain, can benefit from a psychiatric consultation. The recommendations include selecting appropriate candidates for referral. Appropriate referrals include individuals with documented significant psychopathology, or those with serious medical comorbidities. The clinical documentation provided does not provide compelling objective evidence of significant psychopathology. There is also an absence of serious medical comorbidities, as the injured does not have diabetes, or hypertension, cardiovascular disease, pulmonary disease, or other serious medical conditions which can be associated with psychiatric disorders. The injured worker's treatment plan does not include any mental health diagnoses. There are also no documented symptoms to indicate the necessity for referral for a psychiatric consultation. In the absence of this important information, therefore, the request for consultation with a psychiatrist is not medically necessary.