

Case Number:	CM14-0066001		
Date Assigned:	07/11/2014	Date of Injury:	04/03/2009
Decision Date:	08/08/2014	UR Denial Date:	04/28/2014
Priority:	Standard	Application Received:	05/09/2014

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 Family Practice 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:

Claimant sustained a work related injury on 4/3/09 involving the neck. He has a diagnosis of cervical spondylosis with myelopathy, dysphagia, dysphonia and cervicalgia. He underwent a prior C-5 -C6 cervical spine fusion. A progress note on October 1, 2013 noted the claimant was overall doing well and he had been on protein supplements. Examination findings included a healed into your neck scar; hey bone stimulator, and a hoarse voice. His weight was 217 lbs. His weight on June 26, 2014 was 217lbs and similar exam findings were noted. He was continued on protein supplement.

IMR ISSUES, DECISIONS AND RATIONALES

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

Protein Supplement: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-Treatment of Workers' Compensation Head Procedure, Branched -chain amino acid.

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

Decision rationale: The MTUS and ACOEM guidelines, do not comment on protein supplements. According to the ODG guidelines: Branched chain amino acids (BCAAs) are under

study. One clinical trial shows that supplemental BCAAs improve recovery of cognition without causing negative effects on tyrosine and tryptophan concentration but further trials are needed. In this case, there is no indication of difficulty swallowing in the last few visit notes. The weight is stable. The specific need for protein supplements are not provided. The use of protein supplements are not medically necessary.