

Case Number:	CM14-0069838		
Date Assigned:	07/14/2014	Date of Injury:	05/19/2011
Decision Date:	09/10/2014	UR Denial Date:	04/22/2014
Priority:	Standard	Application Received:	05/15/2014

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 Physical Medicine and Rehabilitation 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:

This 41 year-old patient sustained an injury on 5/19/11 while employed by [REDACTED]. Requests under consideration include Tizanidine Hydrochloride 4mg #120 and Tramadol Hydrochloride ER 150mg #90. Diagnoses include lateral epicondylitis; carpal and cubital tunnel syndrome; and cervicgia. Per Orthopedic supplemental report of 1/3/13, the patient has reached Maximum Medical Improvement (MMI) for chronic sprain/strain status post right cubital tunnel release and lateral epicondylar release on 5/11/12 and status post right Carpal Tunnel Release and right de Quervain's release on 5/11/12. Future medical recommended over-the-counter medications; no surgery indicated and the patient should monitor her weight on a non-industrial basis. EMG/NCS dated 2/11/13 noted mild left Carpal Tunnel Syndrome; no cervical radiculopathy; normal study of bilateral lower extremities without evidence for lumbar radiculopathy or entrapment neuropathy. Hand-written report of 3/10/14 noted complaints of headaches, continued low back pain; awaiting lumbar epidural steroid injection (LESI) with pain management. Exam showed lumbar spine with tenderness to palpation; limited range of motion. Treatment plan included medications and LESI with pain management provider. Request(s) for Tizanidine Hydrochloride 4mg #120 and Tramadol Hydrochloride ER 150mg #90 were certified on 4/22/14 citing guidelines criteria and lack of medical necessity.

IMR ISSUES, DECISIONS AND RATIONALES

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

Tizanidine Hydrochloride 4mg #120: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Antispasticity/Antispasmodic drugs.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants Page(s): 128.

Decision rationale: Guidelines do not recommend long-term use of this muscle relaxant for this chronic injury of 2011. Additionally, the efficacy in clinical trials has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. Submitted reports have not adequately demonstrated the indication or medical need for this treatment and there is no report of significant clinical findings, acute flare-up or new injury to support for its long-term use. There is no report of functional improvement resulting from its previous treatment to support further use as the patient remains not working. The Tizanidine Hydrochloride 4mg #120 is not medically necessary and appropriate.

Tramadol Hydrochloride ER 150mg #90: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-96.

Decision rationale: Per the MTUS Guidelines cited, opioid use in the setting of chronic, non-malignant, or neuropathic pain is controversial. Patients on opioids should be routinely monitored for signs of impairment and use of opioids in patients with chronic pain should be reserved for those with improved functional outcomes attributable to their use, in the context of an overall approach to pain management that also includes non-opioid analgesics, adjuvant therapies, psychological support, and active treatments (e.g., exercise). Submitted documents show no evidence that the treating physician is prescribing opioids in accordance to change in pain relief, functional goals with demonstrated improvement in daily activities, decreased in medical utilization or change in work status. There is no evidence presented of random drug testing or utilization of pain contract to adequately monitor for narcotic safety, efficacy, and compliance. The MTUS provides requirements of the treating physician to assess and document for functional improvement with treatment intervention and maintenance of function that would otherwise deteriorate if not supported. From the submitted reports, there is no demonstrated evidence of specific functional benefit derived from the continuing use of opioids with persistent severe pain. The Tramadol Hydrochloride ER 150mg #90 is not medically necessary and appropriate.