

<b>Case Number:</b>	CM14-0070050		
<b>Date Assigned:</b>	07/14/2014	<b>Date of Injury:</b>	01/30/2011
<b>Decision Date:</b>	09/10/2014	<b>UR Denial Date:</b>	04/22/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	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 58 year-old patient sustained an injury on 1/30/11 while employed by [REDACTED]. Request(s) under consideration include 1 prescription for Sentra AM #60. Report of 4/3/14 from the provider noted acid reflux controlled with medications and diet changes, but still with poor sleep quality. Exam showed vital signs of BP 133/81, Pulse of 76, 5'7" with weight of 139 pounds. Diagnoses include Acid reflux secondary to stress and sleep disorder rule out obstructive sleep apnea. Request(s) for 1 prescription for Sentra AM #60 was not medically necessary 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:

#### **1 prescription for Sentra AM #60: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Chronic; Medical Food.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Medical Food, pages 758-760.

**Decision rationale:** This 58 year-old patient sustained an injury on 1/30/11 while employed by [REDACTED]. Request(s) under consideration include 1 prescription for Sentra AM #60. Report of 4/3/14 from the provider noted acid reflux controlled with medications and diet changes, but still with poor sleep quality. Exam showed vital signs of BP 133/81, Pulse of 76, 5'7" with weight of 139 pounds. Diagnoses include Acid reflux secondary to stress and sleep disorder rule out obstructive sleep apnea. Request(s) for 1 prescription for Sentra AM #60 was not medically necessary on 4/22/14. Sentra is a medical food supplement in alternative medicine. MTUS is silent on its use; however, Official Disability Guidelines states to be considered, the product must, at a minimum, meet the following criteria: (1) the product must be a food for oral or tube feeding; (2) the product must be labeled for dietary management of a specific medical disorder, disease, or condition for which there are distinctive nutritional requirements; (3) the product must be used under medical supervision. Based on a review of the available medical reports, there is no evidence to suggest that this patient has any type of condition to warrant the investigational use of this supplement. Senna is not medically necessary and appropriate. The provider has not provided any documentation of medical necessity consistent with evidence-based, peer-reviewed, nationally recognized treatment guideline for Senna or any other alternative supplements. Absent medical necessity, certification cannot be granted. The 1 prescription for Sentra AM #60 is not medically necessary and appropriate.