

Case Number:	CM14-0070221		
Date Assigned:	07/14/2014	Date of Injury:	04/11/2005
Decision Date:	09/08/2014	UR Denial Date:	05/07/2014
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, has a subspecialty in Neuromuscular Medicine and is licensed to practice in Maryland. 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 patient is a 55-year-old with a work injury dated 4/11/05. The diagnoses include hypertension, diabetes, irritable bowel syndrome, gastroesophageal reflux, chronic pain, migraine headaches, depression with anxiety, obesity, dyslipidemia, insomnia, asthma, dermatitis, and anxiety induced teeth damage. Under consideration is a request for Ethos peace box foundation x2; Ethos peace lux firm latex mattress; physical therapy; one to two (1-2) times a week for six (6) weeks. There is a primary treating physician report dated 4/16/14 that states that the patient is very stressed. She is not sleeping and states that she has difficulty turning her mind off. She feels that sleep is mainly difficult because of pain greatly aggravated by terrible mattress. The mattress is over 15 years old and has lost its firmness and it now sinks. She has a lot of neck, arms, and back pain stiffness. The patient has spent an extraordinary amount of time trying out a multitude of mattresses to help relieve back pain and finally found one. On physical exam the patient is anxious appearing. She is alert and well-oriented. She is well-hydrated. Her sclera are clear and her extraocular movements are intact. There is no nystagmus. Her lungs are clear. Her heart has no murmurs, gallops or rubs. There is no clubbing or cyanosis. On neurologic exam her coordination is grossly normal and her mentation is normal. The requests for authorization include an Ethos, Peace lux firm latex mattress x 1; Ethos peace box foundation x 2; Rhapsody tempur pillow x 1. There is authorization requested for physical therapy 1-2x week for 6 weeks for treatment of neck, shoulder (trapezius), arms, and back pain/stiffness.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ethos Peace box foundation x2: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines States:Low Back Mattress selection.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low back-mattress selection Other Medical Treatment Guideline or Medical Evidence.

Decision rationale: There are no high quality studies to support purchase of any type of specialized mattress or bedding as a treatment for low back pain. Given the fact that an Ethos Peace lux firm latex mattress is not medically necessary per the ODG (as deemed elsewhere in this review) the request for Ethos Peace box foundation x 2 is not medically necessary as well.

Ethos Peace lux firm latex mattress: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines States:Low Back, Mattress selection.

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

Decision rationale: Ethos Peace lux firm latex mattress is not medically necessary per the ODG Guidelines. The MTUS does not specifically address mattresses for low back pain. The ODG low back chapter states that there are no high quality studies to support purchase of any type of specialized mattress or bedding as a treatment for low back pain. The ODG states that other hand, pressure ulcers (e.g., from spinal cord injury) may be treated by special support surfaces (including beds, mattresses and cushions) designed to redistribute pressure. The documentation submitted does not reveal evidence of a pressure ulcer or spinal cord injury. The necessity for a specialized mattress has not been met from the documentation submitted. Therefore, an Ethos Peace lux firm latex mattress is not medically necessary.

Physical Therapy; one to two (1-2) times a week for six (6) weeks: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Physical Medicine Page(s): 98-99.

Decision rationale: Physical therapy one to two (1-2) times a week for six (6) weeks is not medically necessary per the MTUS Chronic Pain Medical Treatment Guidelines. The request asks for up to 12 visits which exceeds the guideline recommendations of up to 10 for this condition. Furthermore, it is unclear what deficits physical therapy needs to focus on from the documentation submitted. The request for physical therapy; one to two (1-2) times a week for six (6) weeks is not medically necessary.