

Case Number:	CM14-0071815		
Date Assigned:	06/30/2014	Date of Injury:	03/06/2003
Decision Date:	08/11/2014	UR Denial Date:	03/21/2014
Priority:	Standard	Application Received:	04/08/2014

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 Orthopedic Surgery, 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 records presented for review indicate that this 45-year-old individual was reportedly injured on March 6, 2003. The mechanism of injury was not listed in these records reviewed. The most recent progress note, dated April 7, 2014, indicated that there were ongoing complaints of bilateral upper extremity and neck pains as well as headaches. It was reported a 50% improvement in the overall pain level. The physical examination demonstrated tenderness to palpation, a slight decrease in cervical spine range of motion and a positive Spurling's test. Diagnostic imaging studies were not presented for review. Previous treatment included narcotic opioid analgesics, wrist braces, injections, and a home exercise protocol. A request had been made for Norco & Colace and was not certified in the pre-authorization process on March 21, 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

1 prescription of Norco 10/325mg #90: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines : 8 C.C.R. 9792.20 - 9792.26 (Effective July 18, 2009) Page(s): 74-78 OF 127.

Decision rationale: As outlined in the literature, this analgesic is indicated for short-term management of moderate to severe breakthrough pain. It would appear that the type of pain noted is constant, unremitting and failed to meet the standard. Furthermore, the pain level was reportedly at the 8/10 to 10/10 level, and there was no objectification of any significant increase. It was noted that the injured employee was tolerating this medication without any adverse effects; however, there was no objective documentation that this medication has demonstrated any efficacy or utility. Based on the clinical information presented, no medical necessity for this medication has been objectified.

1 prescription of Colace 100mg #60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines : 8 C.C.R. 9792.20 - 9792.26 (Effective July 18, 2009) Page(s): 77 OF 127.

Decision rationale: Colace (docusate) is a stool softener, useful for the treatment of constipation. There was no clinical indication for this medication for this claimant. There was documentation of narcotic usage; however, there was no documentation of constipation side effects. Colace is available as a generic formulation, and it is also available as an over-the-counter product without a prescription. The most recent medical record did not objectify any findings of constipation either on physical examination or other parameters. As such, no medical necessity has been established.