

<b>Case Number:</b>	CM14-0074134		
<b>Date Assigned:</b>	07/16/2014	<b>Date of Injury:</b>	01/07/2013
<b>Decision Date:</b>	08/14/2014	<b>UR Denial Date:</b>	04/29/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/21/2014

### 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 licensed in Psychology and is licensed to practice in Texas. 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 injured worker is a 45-year-old female who reported injury on 01/07/2013. The diagnoses included episodic mood disorders and other unspecified episodic mood disorder. The mechanism of injury was the injured worker slipped and fell off of a stool step while working. Prior therapies included; group psychotherapy and hypnotherapy and relaxation training. The documentation on 02/14/2014 revealed the injured worker was anxious and was diagnosed with depressive disorder not otherwise specified (NOS) and anxious disorder not otherwise specified (NOS). The documentation on 02/28/2014 revealed the injured worker was attending groups and treatments with psychiatrist. The injured worker was noted to find both helpful with anxiety and sleep. The injured worker was noted to have an irritable mood and have excessive worry about returning to work. The injured worker was noted to be pessimistic about the future. The objective findings revealed the injured worker was apprehensive and overly talkative, sad, anxious, irritable, nervous, tense; looking tired, had little energy and was lethargic. The documentation indicated the injured worker had made some progress towards current treatment goals as evidenced by the injured worker reporting decreased anxiety with medications and group psychotherapy. The treatment plan included cognitive behavioral group psychotherapy for 12 sessions and relaxation training/hypnotherapy for 12 sessions. Documentation of 04/11/2014 revealed the injured worker as attending group and treatments with psychiatrist. The injured worker found both helpful with mood and sleep. The injured worker continued to experience pain in her left leg and hip. The pain affected the injured worker's sleep and interfered with her ability to engage in activities of daily living. The injured worker indicated she had frequent crying spells and a decreased sense of self-worth. The injured worker was noted to feel discouraged by her physical condition and limitations. The injured worker found group helpful with expressing her emotions and obtaining support. The objective findings revealed the injured worker was apprehensive and overly

talkative, sad, had an anxious mood, was tense and nervous, was tearful as she described pain, physical condition and missing work, looked tired, lacked energy and was lethargic and was preoccupied with physical condition and pain. The treatment plan included continued cognitive behavioral therapy and relaxation training and hypnotherapy. The documentation indicated the injured worker reported improved mood with medication and psychotherapy.

### **IMR ISSUES, DECISIONS AND RATIONALES**

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

**Cognitive Behavioral Therapy/Group Psychotherapy Sessions Quantity: 12.00:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 105-127. Decision based on Non-MTUS Citation Official Disability Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Treatment, Cognitive Behavioral Therapy Page(s): 101, 23.

**Decision rationale:** The California MTUS Guidelines indicate that cognitive behavioral therapy is appropriate for injured workers with risk factors for delayed recovery that have been screened. With evidence of objective functional improvement, there can be a total of up to 6 to 10 visits. The guidelines further indicate that if the injured worker has been screened with a psychologist, there should be an assessment of goal and further treatments including brief individual or group therapy. The clinical documentation submitted for review indicated the injured worker had been attending group therapy for at least 12 sessions. However, there was lack of documentation of objective functional benefit that was received. Given the above and the lack of documentation, the request for cognitive behavioral therapy, twelve (12) group psychotherapy sessions is not medically necessary.

**Relaxation Training/Hypnotherapy Quantity: 12.00:** 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 Opioid psychological intervention Page(s): 90.

**Decision rationale:** The California MTUS Guidelines recommend relaxation, meditation and distraction as a psychological intervention. The clinical documentation submitted for review indicated the injured worker had undergone at least 12 sessions including relaxation training and hypnotherapy. There was lack of documentation of objective functional benefit received from the relaxation training and hypnotherapy. Given the above, the request for twelve (12) sessions of relaxation training and hypnotherapy is not medically necessary.

