

<b>Case Number:</b>	CM14-0076690		
<b>Date Assigned:</b>	07/25/2014	<b>Date of Injury:</b>	08/17/2012
<b>Decision Date:</b>	09/19/2014	<b>UR Denial Date:</b>	05/09/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/27/2014

### 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 Occupational Medicine 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 patient is a 49 year old male who was injured on 08/12/2012. The mechanism of injury is unknown. This patient is noted to have a diagnosis of hypertension on note dated 01/19/2012. There are no notes documenting current hypertension status, pressure readings or documented efficacy of the medication Lisinopril. A progress report dated 04/23/2014 states the patient complained of increased headaches located to bilateral temple with associated vertigo with pain and weakness on bilateral upper extremities. He has right ankle swelling, stomach pain, insomnia, and fatigue. He also reports blurred vision. Objective findings on exam revealed positive Romberg, positive Barany and Hallpike. He was noted as taking Prilosec 20 mg and Zolpidem #30. The patient is diagnosed with insomnia, gout, cervical spine pain, bilateral carpal tunnel syndrome, rule out peripheral neuropathy, and headaches. The patient's medications have been refilled which included Lisinopril 20 mg #30 and Colchicine 0.6 mg #30. Prior utilization review dated 05/09/2014 states the requests for Lisinopril 20mg #30 and Colchicine 0.6mg #30 are denied as there is a lack of documented evidence to support the request.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lisinopril 20mg #30:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://reference.medscape.com/drug/prinivil-zestril-lisinopril-342321>.

**Decision rationale:** As per the referenced guidelines, Lisinopril is indicated for the treatment of hypertension to lower blood pressure. Lowering blood pressure lowers the risk of fatal and non-fatal cardiovascular events, primarily strokes and myocardial infarctions. In this case, this patient has a history of hypertension and hence the request for Lisinopril 20mg #30 is medically necessary and appropriate.

**Colchicine 0.6mg #30:** Overturned

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682711.html>. - Colchicine.

**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 Chapter, Colchicine <http://www.drugs.com/ppa/colchicine.html>.

**Decision rationale:** As per the ODG, Colchicine is an anti-inflammatory agent primarily used in the treatment of gout. In this case, this patient has a history of gout and hence the request for Colchicine 0.6 mg #30 is medically necessary and appropriate.