

<b>Case Number:</b>	CM14-0080882		
<b>Date Assigned:</b>	07/18/2014	<b>Date of Injury:</b>	01/08/2004
<b>Decision Date:</b>	09/09/2014	<b>UR Denial Date:</b>	05/09/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/02/2014

### 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:

According to the records made available for review, this is a 34-year-old male with a 1/8/04 date of injury. At the time (5/2/14) of request for authorization for Norco 10/325mg #150 (05/02/2014 - 07/06/2014), there is documentation of subjective (severe low back pain radiating to left leg) and objective (tenderness over the left L5-S1 paraspinals with decreased range of motion and positive left Slump test) findings, current diagnoses (lumbar disk herniation, left S1 radiculopathy, and left L4-L5 annular tear/degenerative disk disease), and treatment to date (medications (including ongoing treatment with Norco since at least 11/28/12)). Medical report identifies that medications allow the patient to be more functional and perform activities of daily living. In addition, medical report identifies ongoing opioid treatment assessment.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Norco 10/325mg, #150 (05/02/2014 - 07/06/2014):** Overturned

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-80.

**Decision rationale:** MTUS Chronic Pain Medical Treatment Guidelines necessitate documentation that the prescriptions are from a single practitioner and are taken as directed; the lowest possible dose is being prescribed; and there will be ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects, as criteria necessary to support the medical necessity of opioids. MTUS-Definitions identifies that any treatment intervention should not be continued in the absence of functional benefit or improvement as a reduction in work restrictions; an increase in activity tolerance; and/or a reduction in the use of medications or medical services. Within the medical information available for review, there is documentation of diagnoses of lumbar disk herniation, left S1 radiculopathy, and left L4-L5 annular tear/degenerative disk disease. In addition, there is documentation of ongoing treatment with Norco. Furthermore, given documentation of a pain contract, there is documentation that the prescriptions are from a single practitioner and are taken as directed; the lowest possible dose is being prescribed; and there will be ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Lastly, given documentation that Norco allows the patient to be more functional and perform activities of daily living, there is documentation of functional benefit and improvement as an increase in activity tolerance as a result of Norco use to date. Therefore, based on guidelines and a review of the evidence, the request for Norco 10/325mg #150 (05/02/2014 - 07/06/2014) is medically necessary.