

Case Number:	CM14-0081082		
Date Assigned:	07/18/2014	Date of Injury:	09/16/2010
Decision Date:	09/25/2014	UR Denial Date:	05/19/2014
Priority:	Standard	Application Received:	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 Physical Medicine and Rehabilitation and is licensed to practice in Nevada. 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 52-year-old female who was reportedly injured on September 16, 2012. The mechanism of injury is not listed in these records reviewed. The most recent progress note dated May 8, 2014 indicates that there are ongoing complaints of carpal tunnel symptoms along with bilateral shoulder pain, neck pain, back pain, and lower extremity pain. Current medications include topical diclofenac sodium, naproxen, Douglas eight sodium, gabapentin, orphenadrine/Norflex, Adviar, levothyroxine, pantothenic acid, Pro-Air, Singulair, and Tylenol ES. The physical examination demonstrated a positive Tinel's test at the bilateral wrists and a positive Phalen's test at the right wrist. Diagnostic nerve conduction studies revealed right greater than left bilateral carpal tunnel syndrome. Previous treatment includes right shoulder surgery and right elbow surgery. A request was made for Pennsaid topical solution and orphenadrine/Norflex and was not certified in the pre-authorization process on May 19, 2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Diclofeuc Sodium topical solution (Pennsaid): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesic. Decision based on Non-MTUS Citation Official Disability Guidelines: Topical analgesics.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesic Page(s): 111-112.

Decision rationale: The MTUS Chronic Pain Guidelines support topical non-steroidal anti-inflammatory drugs for the short-term treatment of acute pain for short-term use for individuals unable to tolerate oral administration, or for whom oral administration is contraindicated. The most recent progress note dated May 8, 2014, indicates that the injured employee is currently prescribed oral anti-inflammatories. Considering this, the request for Diclofenac sodium topical solution (Pennsaid) is not medically necessary.

Orphenadrine-norflex ER 100mg #90: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle Relaxants. Decision based on Non-MTUS Citation Official Disability Guidelines: muscle relaxant.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Muscle relaxants (for pain) Page(s): 63-66.

Decision rationale: Norflex is a muscle relaxant. According to the MTUS Chronic Pain Guidelines, muscle relaxants are indicated as a second line option for the short-term treatment of acute exacerbations of chronic low back pain. According to the most recent progress note dated May 8, 2014, the injured employee does not have any complaints of acute exacerbations nor are there any spasms present on physical examination. For these reasons this request for Norflex is not medically necessary.