

Case Number:	CM14-0092534		
Date Assigned:	07/16/2014	Date of Injury:	11/15/2005
Decision Date:	08/15/2014	UR Denial Date:	05/16/2014
Priority:	Standard	Application Received:	06/18/2014

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 Family Medicine, and is licensed to practice in New Jersey. 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 worker is a 51-year-old female who was injured on 11/15/05. She was diagnosed with lumbar sprain/strain, which evolved to become chronic low back pain, herniated lumbar disc, and chondromalacia of the patella. She was treated with physical therapy, oral and topical analgesics, TENS unit, and steroid injections. On 2/22/14, she reported to her orthopedic physician that her low back pain involved tingling and numbness that extends down to her heels. Later she reported on 4/21/14 to her orthopedic physician that she was having ongoing low back pain. She reported that her TENS unit helped, but there was no mention of how effective her other medications (Terocin and LidoPro) were for her pain and function. Negative straight leg raise test was noted on the physical examination findings from that day, but did note tenderness of the left and right paraspinal muscles of the lower and mid back areas. Refills of her medications, including Terocin and LidoPro, were requested.

IMR ISSUES, DECISIONS AND RATIONALES

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

TEROCIN PATCHES: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines CHRONIC PAIN MEDICAL TREATMENT GUIDELINES/TOPICAL ANALGESICS Page(s): 11-113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Lidoderm (lidocaine patch), Topical analgesics, Lidocaine Page(s): 56-57,112.

Decision rationale: Terocin is a topical analgesic lotion which includes methyl salicylate, capsaicin, menthol, and lidocaine. See #2 for rationale.

LIDOPRO 121 GRAM: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines CHRONIC PAIN MEDICAL TREATMENT GUIDELINES/TOPICAL ANALGESICS.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Lidoderm (lidocaine patch), Topical Analgesics, Lidocaine Page(s): 56-57,112.

Decision rationale: The MTUS Guidelines for Chronic Pain state that topical lidocaine is not a first-line therapy for chronic pain, but may be recommended for localized peripheral neuropathic pain after there has been evidence of a trial of first-line therapy (including tri-cyclic, SNRI anti-depressants, or an AED such as gabapentin or Lyrica). Topical lidocaine is not recommended for non-neuropathic pain as studies showed no superiority over placebo. After reviewing the documents provided for this worker's case, there is no evidence found that the worker had any objective evidence of neuropathic pain (although did report subjective complaints that suggested this). In addition, there was no evidence found in the notes of a trial of first line therapy for neuropathic pain. Lastly, no report of functional or pain-relieving benefits from Terocin or LidoPro was documented. Therefore, the Terocin and LidoPro are both not medically necessary.