

<b>Case Number:</b>	CM14-0130819		
<b>Date Assigned:</b>	08/20/2014	<b>Date of Injury:</b>	02/06/2014
<b>Decision Date:</b>	07/07/2015	<b>UR Denial Date:</b>	08/07/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/14/2014

### 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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:  
 State(s) of Licensure: New Jersey, Alabama, California  
 Certification(s)/Specialty: Neurology, Neuromuscular Medicine

### 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 was a 66 year old female, who sustained an industrial injury, February 6, 2014. The injured worker previously received the following treatments 6 sessions of physical therapy, EMG/NCS (electrodiagnostic studies and nerve conduction studies), Bio-Freeze gel, occupational therapy, left wrist and spica brace. The injured worker was diagnosed with de Quervain's tenosynovitis, bilateral carpal tunnel syndrome, hand arthritis and epicondylitis laterally bilateral, left hand pain and left thumb injury. According to progress note of May 15, 2015, the injured workers chief complaint was left forearm, left wrist, and strain complaints incurred in an industrial injury. The pain was rated at 4 out of 10. The physical exam noted a complete range of motion of the left elbow without pain. Supination and pronation reproduced mild pain complaints of the mid-shaft of the forearm. There was mild tenderness to the lateral epicondyle and none to the medial epicondyle. The left wrist pain had end range of motion with flexion and lesser complaints with extension. There was significant pain flare with ulnar deviation and Finkelstein test. There was tenderness to the fibrocartilage complex region. There was limited range of motion to the left hand with adduction secondary to pain at the end range of motion, approximately 80% complete. The treatment plan included DNA testing.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**DNA testing for Opioid Risk or Metabolism issues:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids for chronic pain Page(s): 80-82. Decision based on Non-MTUS Citation Official Disability Guidelines: Pain Chapter, Drug testing, Opioids, screening for risk of addiction.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Cytokine DNA Testing Page(s): 42.

**Decision rationale:** According to MTUS guidelines, Cytokine DNA Testing for Pain, not recommended. There is no current evidence to support the use of cytokine DNA testing for the diagnosis of pain, including chronic pain. Scientific research on cytokines is rapidly evolving. There is vast and growing scientific evidence base concerning the biochemistry of inflammation and it is commonly understood that inflammation plays a key role in injuries and chronic pain. Cellular mechanisms are ultimately involved in the inflammatory process and healing, and the molecular machinery involves cellular signaling proteins or agents called cytokines. Given rapid developments in cytokine research, novel applications have emerged and one application is cytokine DNA signature testing which has been used as a specific test for certain pain diagnoses such as fibromyalgia or complex regional pain syndrome. The specific test for cytokine DNA testing is performed by the Cytokine Institute. ([www.cytokineinstitute.com](http://www.cytokineinstitute.com)) two articles were found on the website. However, these articles did not meet the minimum standards for inclusion for evidence-based review. (Gavin, 2007) (Gillis, 2007). Therefore, the request for DNA testing is nor medically necessary.