MAXIMUS Federal Services

Case Number:	CM14-0161388		
Date Assigned:	10/06/2014	Date of Injury:	06/16/1997
Decision Date:	02/09/2015	UR Denial Date:	09/22/2014
Priority:	Standard	Application Received:	10/01/2014

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 Internal 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 suffered the worker compensation injury on 6/16/97 and was seen on 9/15/14 for ongoing treatment.It was noted that lumbar surgery had been done in 1999 and that right shoulder hemiarthroplasty was done on 3/13/13.Multiple stressors were noted in the patient's personal life and GERD was noted to be better with Zantac.Also,paresthesia to the right lower extremity was noted.Treatment was with Lidocaine patches and Celebrex ,yoga,physical modalities and exercise.The patient was noted to sleep in a reclining chair and a request was made for a personal trainer to provide lumbar stabilization.A CMP had been drawn.The UR denied continued use of Celebrex for treatment.

IMR ISSUES, DECISIONS AND RATIONALES

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

Celebrex 200mg #30: Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines non-steroidal anti-inflammatory drug (NSAID); Celebrex.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 22, 30, 70, 67, 69. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Up to date topic 9682 and version 145.0.

Decision rationale: Celebrex is an NSAID and is the brand name for Celecoxib which is a COX -2 selective inhibitor which causes inflammation and pain.It is specifically utilized to treat osteoarthritis,rheumatoid arthritis,and ankylosing spondylitis.It has a similar side effect profile of the other nonsteroidal medicines but does not appear to interfere with the antiplatelet activity of aspirin and is bleeding neutral which is beneficial when one is contemplating a surgical procedure or when used in the surgical setting. Celebrex may be considered if the patient has a risk of GI side effects because it appears to have less risk of GI side effects than other NSAID's.Otherwise,in many ways it is similar to the other NSAID medicines in its efficacy and side effect profile.Its use must be balanced by the fact that it is about 10 times more expensive than the other NSAID's on the market. The guidelines state that NSAID's in general are indicated for acute exacerbation of pain and should be avoided in the treatment of chronic pain and should be a second line drug after the use of acetaminophen because of less side effects. NSAID's have been implicated in cardiac, GI, renal side effects and high blood pressure.A Cochrane study confirmed the above and a Maroon study stated that NSAID's may actually delay healing of all soft tissue if given on a chronic basis In a review in the shoulder section of the AECOM it states that invasive techniques have limited proven value.If pain with elevation causes significant limitation in activity then sub acromial injection with a local anesthetic and steroid preparation may be attempted after 2 to 3 weeks of conservative treatment with shoulder strengthening exercises and NSAID treatment.Treatment indications include such entities as ankylosing spondylitis,osteoarthritis,rheumatoid arthritis,acute gout,dysmenorrhea,acute tendinitis and bursitis,and acute migraine.However, in patients with moderate to severe pain initial treatment with an NSAID may be warranted.Current guidelines indicate that NSAID's may be more efficacious in treatment.A recent Cochrane review suggests that NSAID's may be more efficacious for treatment of osteoarthritis than Acetaminophen in terms of reduction in pain and improvement of functional status.In the above patient,we note that chronic pain is present dating back to 1997 . Holistic treatments such as home exercises,yoga, heat and cold are also being utilized.The patient's pain is being maintained with an NSAID ,but because of her GERD she is utilizing Celebrex instead of a cheaper NSAID.The Cebebrex enables her to be treated without resorting to the use of a narcotic medication.Although short term treatment is always preferred,some chronic pain patients need treatment with chronic NSAID medications.The patient is having monitoring with lab work and the MD is monitoring for side effects.It is believed that this medication is in the best interest for this patient and the UR decision should be reversed and she should be afforded access to Celebrex.