

Case Number:	CM14-0186924		
Date Assigned:	11/14/2014	Date of Injury:	10/25/2013
Decision Date:	01/05/2015	UR Denial Date:	10/14/2014
Priority:	Standard	Application Received:	11/10/2014

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 & Rehabilitation 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 injured worker is a 48-year-old male who reported an injury on 10/25/2013. The mechanism of injury was not provided. The injured worker's diagnoses included carpal tunnel syndrome, ganglion, and tenosynovitis of the wrist or hand. The injured worker's past treatments included a TENS unit, physical therapy, and medications. The injured worker's diagnostic testing included an EMG and nerve conduction test positive for bilateral carpal tunnel syndrome, with the right worse than left. There were no relevant surgeries included in the documentation. On 09/17/2014, the injured worker complained of continued wrist pain (with right greater than left), and right elbow pain. The injured worker rated his pain at 7/10 on a pain scale. He reported the pain was increased with range of motion, especially when he did flexion and extension of his wrist. He reported stopping medications secondary to gastric issues. He reported that the gastric issues had improved, but still had some mild issues. He denied vomiting or changes in bowel movements. Upon physical examination, the injured worker was noted with tenderness to palpation in the lateral epicondyle on the right. He had a positive Finklestein's test. A right wrist ganglion was noted. The injured worker's medications were noted to include LenzaPatch and Dendracin. The request was for paraffin bath for home use. The rationale for the request was not clearly provided. The Request for Authorization form was signed and submitted on 09/17/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Paraffin bath home use: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines- Forearm , Wrist, & Hand

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Forearm, Wrist and hand, Paraffin wax baths.

Decision rationale: The request for a paraffin bath home use is not medically necessary. The Official Disability Guidelines may recommend paraffin wax baths as an option for arthritic hands if used as an adjunct to a program of evidence based conservative care. According to a Cochrane review, paraffin wax baths, combined with exercises, can be recommended for beneficial short term effects of arthritic hands. These conclusions are limited by methodological considerations such as the poor quality of trials. The injured worker complained of wrist pain, however, the injured worker did not have documentation of sufficient evidence of arthritic hands. In the absence of documentation with sufficient evidence of an arthritic hand condition, the request is not supported. As such, the request is not medically necessary.