

Case Number:	CM14-0187587		
Date Assigned:	11/17/2014	Date of Injury:	03/29/2011
Decision Date:	01/06/2015	UR Denial Date:	10/23/2014
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 Adult Psychiatry and is licensed to practice in Illinois and Wisconsin. 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 is a 58 year old female who was injured in March of 2011. The patient is diagnosed with Major Depressive Disorder and Generalized Anxiety Disorder. In August, a psychological assessment was done with the recommendation of 6 group CBT sessions and 6 hypnotherapy sessions. On 10/10 of this year the patient underwent another psychological assessment. She was complaining of persistent pain along with problems in concentration and memory. Another 6 group CBT sessions and 6 medical psychotherapy sessions were recommended. The previous reviewer denied coverage for the above citing lack of medical necessity. This is an independent review of the previous determination to deny coverage for group medical psychotherapy and medical hypnotherapy/relaxation.

IMR ISSUES, DECISIONS AND RATIONALES

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

Medical Hypnotherapy/relaxation: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Behavioral interventions. Decision based on Non-MTUS Citation ODG-TWC Mental Illness & Stress

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress, Summary of Medical Evidence

Decision rationale: The above reference indicates that hypnotherapy is recommended and indicates that the number of visits should be included within the number of psychotherapy visits. This guideline recommends 13-20 psychotherapy visits for stress related conditions if progress is being made with up to 50 sessions for severe depression and/or PTSD. There is no indication that either of these latter conditions is present. The provider has requested a total of at least 24 sessions altogether (12 hypnotherapy sessions and 12 CBT sessions). It is not known how many sessions the patient has attended and not clear from the request how many more are planned. Furthermore, there is no evidence that progress has been made in treatment. Given the above information as well as the open ended request medical necessity for Medical Hypnotherapy/relaxation is not established according to the evidence based Official Disability Guidelines.

Group medical psychotherapy: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines. Decision based on Non-MTUS Citation ODG, cognitive behavioral therapy (CBT)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress, Summary of Medical Evidence

Decision rationale: The ODG recommend 13-20 psychotherapy visits for stress related conditions if progress is being made with up to 50 sessions for severe depression and/or PTSD. There is no indication that either of these latter conditions is present. The provider has requested a total of at least 24 sessions altogether (12 hypnotherapy sessions and 12 CBT sessions). It is not known how many sessions the patient has attended and not clear from the request how many more are planned. Furthermore, there is no evidence that progress has been made in treatment. Given the above information as well as the open ended request, the medical necessity for Group Medical Psychotherapy is not established according to the evidence based Official Disability Guidelines.