

Case Number:	CM14-0189524		
Date Assigned:	11/20/2014	Date of Injury:	02/09/2009
Decision Date:	01/08/2015	UR Denial Date:	10/27/2014
Priority:	Standard	Application Received:	11/13/2014

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 Occupational 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:

Injured worker is a 53 year-old female with date of injury 02/09/2009. The medical document associated with the request for authorization, a primary treating physician's progress report, dated 11/10/2014, lists subjective complaints as pain in the neck. Objective findings: Examination of the cervical spine revealed reduced range of motion. There was tenderness present in the cervical paravertebral regions bilaterally at L4-C5, C5-C6, and C6-C7 levels. Spurling's test was positive on the right for neck pain as well as radiculopathy. Spurling's test was positive on the left for neck pain only. Diagnosis: 1. Sacroiliitis 2. Lumbosacral spondylosis without myelopathy 3. Fibromyalgia 4. Cervicalgia 5. Facet joint syndrome. The medical records supplied for review document that that injured worker has been taking the following medication for at least as far back as one month. Medication: 1. Ambien 5mg, #30 SIG: 1 tablet every night PRN.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ambien 5 MG #30: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Zolpidem

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain (Chronic), Zolpidem (Ambien®)

Decision rationale: The Official Disability Guidelines do not recommend the use of sleeping pills for long-term use. While sleeping pills, so-called minor tranquilizers, and anti-anxiety agents are commonly prescribed in chronic pain, pain specialists rarely, if ever, recommend them for long-term use. They can be habit-forming, and they may impair function and memory more than opioid pain relievers. There is also concern that they may increase pain and depression over the long-term. The injured worker has been taking Ambien for longer than the 2-6 week period recommended by the ODG. The request for Ambien 5 MG #30 is not medically necessary.