

<b>Case Number:</b>	CM14-0193436		
<b>Date Assigned:</b>	12/02/2014	<b>Date of Injury:</b>	12/17/2013
<b>Decision Date:</b>	01/14/2015	<b>UR Denial Date:</b>	10/22/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/18/2014

### 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 and 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:

This patient sustained an injury on 12/17/13. Request(s) under consideration include Norco 10/325mg #60. Diagnoses include lumbar discogenic bulges/ radiculopathy; cervical discogenic disc disease; and chronic pain syndrome. Conservative care has included medications, therapy, chiropractic treatment (8 sessions), hot/cold therapy, TENS unit, pending injections, and modified activities/rest. The patient continues to treat for chronic neck and low back symptoms. Exam showed unchanged findings of limited lumbar range with suggestive facet inflammation; positive SLR on left; symmetrical DTRs; diffuse sensation dysfunction at L4, L5, and S1 dermatomes on left; limited cervical range with tenderness at shoulder girdle muscles; and positive facet loading testing. Treatment included continuation of medication refills. Medications list Protonix, Norco, Nalfon, Neurontin, Norflex, Trazadone, Lunesta, and Lidoderm cream. The patient remained on limitations of 5 pounds lifting. The request(s) for Norco 10/325mg #60 was non-certified on 10/22/14 citing guidelines criteria and lack of medical necessity.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Norco 10/325mg #60:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACOEM 2014: Opioids

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines On-Going Management Page(s): 74-96.

**Decision rationale:** This patient sustained an injury on 12/17/13. Request(s) under consideration include Norco 10/325mg #60. Diagnoses include lumbar discogenic bulges/radiculopathy; cervical discogenic disc disease; and chronic pain syndrome. Conservative care has included medications, therapy, chiropractic treatment (8 sessions), hot/cold therapy, TENS unit, pending injections, and modified activities/rest. The patient continues to treat for chronic neck and low back symptoms. Exam showed unchanged findings of limited lumbar range with suggestive facet inflammation; positive SLR on left; symmetrical DTRs; diffuse sensation dysfunction at L4, L5, and S1 dermatomes on left; limited cervical range with tenderness at shoulder girdle muscles; and positive facet loading testing. Treatment included continuation of medication refills. Medications list Protonix, Norco, Nalfon, Neurontin, Norflex, Trazadone, Lunesta, and Lidoderm cream. The patient remained on limitations of 5 pounds lifting. The request(s) for Norco 10/325mg #60 was non-certified on 10/22/14. Per the MTUS Guidelines cited, opioid use in the setting of chronic, non-malignant, or neuropathic pain is controversial. Patients on opioids should be routinely monitored for signs of impairment and use of opioids in patients with chronic pain should be reserved for those with improved functional outcomes attributable to their use, in the context of an overall approach to pain management that also includes non-opioid analgesics, adjuvant therapies, psychological support, and active treatments (e.g., exercise). Submitted documents show no evidence that the treating physician is prescribing opioids in accordance to change in pain relief, functional goals with demonstrated improvement in daily activities, decreased in medical utilization or change in functional status. There is no evidence presented of random drug testing or utilization of pain contract to adequately monitor for narcotic safety, efficacy, and compliance. The MTUS provides requirements of the treating physician to assess and document for functional improvement with treatment intervention and maintenance of function that would otherwise deteriorate if not supported. From the submitted reports, there is no demonstrated evidence of specific functional benefit derived from the continuing use of opioids with persistent severe pain for this chronic injury without acute flare, new injury, or progressive deterioration. The Norco 10/325mg #60 is not medically necessary and appropriate.