

<b>Case Number:</b>	CM14-0193474		
<b>Date Assigned:</b>	12/01/2014	<b>Date of Injury:</b>	05/21/2013
<b>Decision Date:</b>	02/11/2015	<b>UR Denial Date:</b>	11/12/2014
<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 Psychologist (PHD, PSYD), 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 24 year-old female (██████████) with a date of injury of 5/21/2013. The injured worker sustained injuries to her right knee when she slipped while working as a package handler for ██████████. She has been diagnosed with: (1) Knee pain (right); and (2) Pain in joint, lower leg. She has been treated with medications, physical therapy, and the use of a TENS unit. Additionally, in the "Psychological Evaluation" dated 10/3/14, Dr. ██████████ and Dr. ██████████ diagnosed the injured worker with: (1) Adjustment disorder with depressed and anxious mood, moderate severity; and (2) Pain disorder associated with both psychological factors and an orthopedic condition. The request under review is for an initial 10 sessions of a cognitive behavioral pain education and coping skills group.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**10 Cognitive sessions Behavioral Pain education and coping skills group for submitted diagnosis of pain disorder with both psychological factors and orthopedic condition as an outpatient:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Glass LS, Blais BB, Genovese E, Goertz M, Harris JS, Hoffman H, et al (eds). Occupational Medicine Practice Guidelines: Evaluation and Management of Common Health Problems and Functional Recovery in Workers, 2nd Edition.

Beverly Farms, MA: OEM Health Information Press, 2004, Chapter 15, Stress Related Conditions, pages 400-402. Official Disability Guidelines

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Behavioral Interventions Page(s): 23.

**Decision rationale:** The CA MTUS guideline regarding the use of behavioral interventions in the treatment of chronic pain will be used as reference for this case. Based on the review of the medical records, the injured worker continued to experience chronic pain since her injury in May 2013. Dr. and Dr. in their 10/2/14 psychological evaluation presented relevant and appropriate information documenting the injured worker's need for follow-up treatment. However, the CA MTUS indicates an "initial trial of 3-4 visits over 2 weeks" and "with evidence of objective functional improvement, total of up to 6-10 visits over 5-6 weeks" may be necessary. Given this guideline, the request for an initial 10 sessions exceeds the recommendation. As a result, the request for "10 Cognitive sessions Behavioral Pain education and coping skills group for submitted diagnosis of pain disorder with both psychological factors and orthopedic condition as an outpatient" is not medically necessary. It is noted that the injured worker received a modified authorization for 6 cognitive sessions of behavioral pain education and coping skills group in response to this request.