

<b>Case Number:</b>	CM14-0197258		
<b>Date Assigned:</b>	12/05/2014	<b>Date of Injury:</b>	12/16/2012
<b>Decision Date:</b>	01/23/2015	<b>UR Denial Date:</b>	10/28/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	11/24/2014

### 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 licensed in Psychiatrist (MD) 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 29 year old female with date of injury 12/16/2012. Date of the UR decision was 10/28/2014. Per report dated 10/20/2014, the injured worker presented with subjective complaints of depressed mood, decreased self-esteem, sleep disturbance, crying spells, increased appetite, increased weight, decreased memory, decreased concentration and suicidal ideation. She scored 33 on Beck Depression Inventory indicating severe level of Depression; scored 35 on Beck Anxiety Self Rating Scale indicating severe level of anxiety. She was given diagnosis of Pain Disorder Associated with Both Psychological Factors and General Medical Condition, Major Depressive Episode, Severe, without Psychosis and Anxiety Disorder due to General Medical Condition. She was prescribed Bupropion XL, 300 mg every morning and Gabapentin 300 mg in the morning and 600 mg at bedtime.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **8 Psychiatric Visits:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines.

**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, Office visits, Stress related conditions

**Decision rationale:** ODG states "Office visits: Recommended as determined to be medically necessary. Evaluation and management (E&M) outpatient visits to the offices of medical doctor(s) play a critical role in the proper diagnosis and return to function of an injured worker, and they should be encouraged. The need for a clinical office visit with a health care provider is individualized based upon a review of the patient concerns, signs and symptoms, clinical stability, and reasonable physician judgment. The determination is also based on what medications the patient is taking, since some medicines such as opiates, or medicines such as certain antibiotics, require close monitoring. As patient conditions are extremely varied, a set number of office visits per condition cannot be reasonably established. The determination of necessity for an office visit requires individualized case review and assessment, being ever mindful that the best patient outcomes are achieved with eventual patient independence from the health care system through self-care as soon as clinically feasible." The injured worker has been diagnosed with Pain Disorder Associated with Both Psychological Factors and General Medical Condition, Major Depressive Episode, Severe, without Psychosis and Anxiety Disorder due to General Medical Condition. She was prescribed Bupropion XL, 300 mg every morning and Gabapentin 300 mg in the morning and 600 mg at bedtime. The request for 8 Psychiatric Visits is excessive and not medically necessary as medications such as Bupropion and Gabapentin do not require close monitoring that would require 8 office visits.