

Case Number:	CM14-0199406		
Date Assigned:	12/09/2014	Date of Injury:	08/05/2012
Decision Date:	01/28/2015	UR Denial Date:	11/13/2014
Priority:	Standard	Application Received:	11/28/2014

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 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 49 year-old female (██████████) with a date of injury of 8/5/2012. The injured worker sustained injury to her shoulder when she slipped and fell, landing on the right side of her upper back while working as a cook for ██████████. In their 12/12/14 "Visit Note", Physician Assistant, ██████████, under the supervision of ██████████, diagnosed the injured worker with Pain in Joint, Shoulder. It is reported that the injured worker received surgery on her right shoulder in November 2014 and developed adhesive capsulitis postoperatively. She received manipulation under anesthesia a couple of months later. She has been treated with medications, physical therapy, acupuncture, HEP, and TENS. It is also reported by ██████████ that the injured worker has developed psychiatric symptoms secondary to her orthopedic injury and chronic pain. He notes symptoms of depression and anxiety and feelings of helplessness and hopelessness. The request under review is for a psychological evaluation with Psychologist, ██████████.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychology consult with ██████████: Overturned

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Treatment Psychological Evaluations Page(s): 101-102; 100-101.

Decision rationale: The CA MTUS guidelines regarding the use of psychological treatment and psychological evaluations in the treatment of chronic pain will be used as references for this case. Based on the review of the medical records, the injured worker has continued to experience chronic pain since her injury in August 2012. She has also been experiencing symptoms of depression and anxiety secondary to her work-related orthopedic injury. These symptoms appear to interfere with her ability to function. In his 11/18/14 "Utilization Review Appeal" letter, [REDACTED] provides relevant information and a valid argument to support the need for a psychological evaluation. The CA MTUS CA MTUS states, "Step 2: Identify patients who continue to experience pain and disability after the usual time of recovery. At this point a consultation with a psychologist allows for screening, assessment of goals, and further treatment options, including brief individual or group therapy." Additionally, the CA MTUS recommends the use of psychological evaluations in order to "determine if further psychosocial interventions are indicated. The interpretations of the evaluation should provide clinicians with a better understanding of the patient in their social environment, thus allowing for more effective rehabilitation." Utilizing these guidelines, the request for a "Psychology consult with [REDACTED]" appears reasonable and medically necessary.