

Case Number:	CM14-0200148		
Date Assigned:	12/10/2014	Date of Injury:	02/04/2010
Decision Date:	01/28/2015	UR Denial Date:	11/12/2014
Priority:	Standard	Application Received:	12/01/2014

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 Internal 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:

The injured worker is a 44-year-old woman with a date of injury of February 4, 2014. The exact mechanism of injury was not detailed in the medical record. The injured worker's working diagnoses are bipolar II disorder; possible anxiety disorder; bulimia nervosa; and obsessive-compulsive disorder. Pursuant to the clinical note by the Psychiatrist dated September 16, 2014, the IW is currently taking Latuda 20mg, Citalopram 40mg, and Lorazepam 1mg for anxiety. The provider documents that the IW is unable to work due to psychological problems. She is extremely anxious and easily collapses when she tries to do anything. She continues to meet with her treating Psychologist on a weekly basis. She complains of continuing nightmares. The treating psychologist has increased her Prazosin from 2mg to 4mg. There is a letter from the treating psychiatrist dated November 4, 2014 noting the IW reports ongoing significant anxiety and depression related to employment as an advice nurse. The provider states that the IW needs continuing treatment for her now worsening condition. The current request is for Lorazepam 1mg #90, Latuda 20mg #30, and Citalopram 40mg #30.

IMR ISSUES, DECISIONS AND RATIONALES

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

Lorazepam 10 mg #90: Overturned

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

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG); Pain Section, Benzodiazepines; <http://www.drugs.com/lorazepam.html>.

Decision rationale: Pursuant to the Chronic Pain Medical Treatment Guidelines and the Official Disability Guidelines, Lorazepam 1 mg #90 is medically necessary. (See attached link). Lorazepam is used to treat anxiety disorders. The guidelines do not recommend benzodiazepines for long-term use (longer than two weeks) because long-term efficacy is unproven and there is a risk of psychological and physical dependence. This applies to musculoligamentous injuries. In this case, the injured worker is under the care of a board-certified psychiatrist. Lorazepam was prescribed to treat an anxiety disorder. The injured worker was diagnosed with Axis I diagnoses bipolar disorder; possible anxiety disorder; bulimia nervosa; and excessive compulsive disorder. The injured worker was treated with an antidepressant, citalopram, as well as Lorazepam. The guidelines apply largely to musculoskeletal disorders. Lorazepam is being used to treat an anxiety disorder and is indicated for that use. Consequently, Lorazepam is being used appropriately to treat anxiety disorder while the injured worker is under the care of a board-certified psychiatrist, consequently, rather than 1 mg #90 is medically necessary.

Latuda 20 mg #30: Overturned

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.drugs.com/latuda.html>.

Decision rationale: Pursuant to Drugs.com, Latuda 20 mg #30 is medically necessary. Latuda is an antipsychotic medication approved for bipolar depression. See attached link for additional information. In this case, the injured worker is under the care of a board-certified psychiatrist. Lorazepam was prescribed to treat anxiety disorder. The injured worker was diagnosed with Axis I diagnoses bipolar disorder; possible anxiety disorder; bulimia nervosa; and excessive compulsive disorder. The injured worker was treated with an antidepressant, Citalopram, Lorazepam and Latuda 20mg. The medication was prescribed by a board-certified psychiatrist with improvement. The medication was subsequently held due to a subsequent denial. Consequently, based on the appropriate indications and underlying psychiatric illness with bipolar depression, Latuda 20 #30 is medically necessary.

Citalopram 40 mg #30: Overturned

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

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG); Pain Section, Citalopram; <https://www.google.com/#q=citalopram>.

Decision rationale: Pursuant to the Official Disability Guidelines and Drugs.com, Citalopram 40 mg #30 is medically necessary. Citalopram is an antidepressant in a group of drugs referred to as selective serotonin reuptake inhibitors. Citalopram is used to treat depression. See guidelines and attached link for additional details. The injured worker was diagnosed with Axis I diagnoses bipolar disorder; possible anxiety disorder; bulimia nervosa; and excessive compulsive disorder. The injured worker was treated with both an antidepressant, Citalopram, Lorazepam and Latuda 20mg. The medication was prescribed by a board-certified psychiatrist with improvement. Consequently, based on the appropriate indications, treatment by a board-certified psychiatrist for the underlying psychiatric illness with improvement, citalopram 40 mg #30 is medically necessary.