

<b>Case Number:</b>	CM14-0200211		
<b>Date Assigned:</b>	12/10/2014	<b>Date of Injury:</b>	01/08/2013
<b>Decision Date:</b>	01/29/2015	<b>UR Denial Date:</b>	11/03/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	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, has a subspecialty in Hospice Palliative Medicine and is licensed to practice in Pennsylvania. 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 50-year-old gentleman with a date of injury of 01/08/2013. The submitted and reviewed documentation did not identify the mechanism of injury. Treating physician notes dated 09/25/2014, 10/01/2014, and 10/13/2014 indicated the worker was experiencing decreased sleep and pain in the right groin, both shoulders, neck, and lower back. Documented examinations described a non-reducible right inguinal hernia measuring approximately 10x8 cm in size, tenderness in the shoulders, and decreased motion in both shoulders. The submitted and reviewed documentation concluded the worker was suffering from a non-reducible right inguinal hernia, pain and dysfunction in both shoulders concerning for internal derangement, shoulder impingement involving both sides, and upper and lower back strain/sprain. Treatment recommendations included right inguinal hernia repair surgery, continued medications, urinary drug screen testing, and follow up care. A Utilization Review decision was rendered on 11/03/2014 recommending non-certification for urinary drug screen testing. Urinary drug screen testing reports dated 09/10/2014 and 10/13/2014 were also reviewed.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Urine Toxicology screen:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Drug testing Page(s): 43. Decision based on Non-MTUS Citation ODG- Pain Urine Drug Testing

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids, Criteria for Use, Opioids, Steps to Avoid Misuse/Addiction Page(s): 76-80,94-95.

**Decision rationale:** The MTUS Guidelines encourage the use of urinary drug screen testing before starting a trial of opioid medication and as a part of the on-going management of those using controlled medications who have issues with abuse, addiction, or poor pain control. The Guidelines support the use of random urinary drug screens as one of several important steps to avoid misuse of these medications and/or addiction. The submitted and reviewed records indicated the worker was experiencing decreased sleep and pain in the right groin, both shoulders, neck, and lower back. The worker's pain management medication regimen was not described. The most recent urinary drug screen testing was done on 09/10/2014 and 10/13/2014. These reports described findings consistent with the worker taking hydrocodone, but this was reported to be inconsistent with the reported regimen. The reviewed records did not comment on these results or report which medications the worker was recommended. In the absence of such evidence, the current request for urinary drug screen testing is not medically necessary.