

<b>Case Number:</b>	CM14-0201003		
<b>Date Assigned:</b>	12/11/2014	<b>Date of Injury:</b>	12/06/2011
<b>Decision Date:</b>	01/31/2015	<b>UR Denial Date:</b>	11/17/2014
<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 Physical Medicine Rehab, has a subspecialty in Pain 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 was a female, who was injured on the job, December 06, 2011. The injured worker was sitting at her desk swiveled her chair getting her left knee stuck on the metal desk. The injured worker experienced immediate pain in the left knee and was sent to the company physician for care. The injured worker was returned to work with modifications no continuous sitting, standing, occasional walking, no climbing and no lifting over 10 pounds. On October 29, 2014, the injured worker had an orthopaedic surgical consultation. X-rays were taken October 21, 2014 of the left knee. The x-rays showed degenerative changes with complete loss of medial compartment space, global osteophytes formation and subchondral sclerosis and varus deformity. The injured worker was diagnosed with monoarthritis, left knee with varus and advanced and obesity. The surgeon suggested a 10 week weight loss program; continue pain medications and a viscosupplementation injection. On November 17, 2014, the UR modifies a request for a 10 week weight loss program to a nutritionist consultation. This modification was based on the ACOEM chapter 5 and Chapter 7 guidelines.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Weight loss program for ten (10) weeks:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management. Decision based on Non-MTUS Citation ACOEM,

Chapter 7 Independent Medical Examinations and Consultations and on  
<http://www.ncbi.nlm.nih.gov/pubmed/15630109>

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Systematic review: an evaluation of major commercial weight loss programs in the United States. (<http://www.ncbi.nlm.nih.gov/pubmed/15630109>)

**Decision rationale:** Regarding the request for a weight loss program, CA MTUS and ODG do not address the issue. A search of the National Library of identified an article entitled "Systematic review: an evaluation of major commercial weight loss programs in the United States." This article noted that with the exception of 1 trial of [REDACTED], the evidence to support the use of the major commercial and self-help weight loss programs is suboptimal, and controlled trials are needed to assess the efficacy and cost-effectiveness of these interventions. Within the documentation available for review, the documentation does not clearly describe the patient's attempts at diet modification and a history of failure of reasonable weight loss measures such as dietary counseling, behavior modification, caloric restriction, and exercise within the patient's physical abilities. In light of the above issues, the currently requested weight loss program is not medically necessary.