MAXIMUS Federal Services

Case Number:	CM14-0201570		
Date Assigned:	12/12/2014	Date of Injury:	02/28/2005
Decision Date:	01/27/2015	UR Denial Date:	11/24/2014
Priority:	Standard	Application Received:	12/02/2014

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 Psychiatrist (MD), and is licensed to practice in Wisconsin and Illinois. 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:

This is a 53 year old female who was injured in Feburary of 2005. She was diagnosed with major Depressive Disorder, Recurrent, Severe. The patient is on Seroquel XR 300 mg daily, Xanax 1 mg TID, Cymbalta 60 mg BID, Buspar 10 mg TID. She is in therapy as well. The psychiatrist is requesting coverage for a compounded psychiatric capsule (methylcobalamin 2mg, pyridoxal-5 phosphate 25mg, 5-MTHF 7.5mg, Zinc 10mg, magnesium glycinate 300mg, Vitamin D3 25000IU) #60 caps per month, one BID. The previous reviewer has declined coverage for this compound due to lack of medical necessity. This is an independent review of the previous decision to deny coverage for the above compounded capsule.

IMR ISSUES, DECISIONS AND RATIONALES

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

Compounded Psychiatric capsule (methylcobalamin 2mg, pyridoxal-5 phosphate 25mg, 5-MTHF 7.5mg, Zinc 10mg, magnesium glycinate 300mg, Vitamin D3 25000IU) #60 caps per month, #60 (2 caps per day with food): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-113. Decision based on Non-MTUS Citation ODG (Mental Illness and Stress Chapter)

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 and Stress, Summary of Medical Evidence.

Decision rationale: According to the ODG Vitamin supplements are "Under study. Multi-vitamin and mineral supplements were been found to help reduce feelings of stress and anxiety in one clinical trial. More trials need to be conducted." None of the individual substances have an indication in standard psychiatric treatment. The records supplied do not indicate why the compounded capsules are needed. As such the request should not be considered as medically necessary according to the cited evidence based guidelines.