

Case Number:	CM14-0203907		
Date Assigned:	01/28/2015	Date of Injury:	12/22/2003
Decision Date:	03/13/2015	UR Denial Date:	11/17/2014
Priority:	Standard	Application Received:	12/05/2014

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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:

State(s) of Licensure: California

Certification(s)/Specialty: Physical Medicine & Rehabilitation

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 40-year-old male who reported an injury on 12/22/2003. The mechanism of injury was not provided. His diagnoses include chronic ischemic heart disease and coronary atherosclerosis. Past treatments were noted to include medications. On 08/22/2014, the injured worker had no new complaints and feels good. It was indicated that his blood pressure was controlled with medications. Upon physical examination, it was noted the injured worker's blood pressure measured 130/84. His lung sounds were clear. Medications were noted to include ramipril, fish oil, Lipitor, and metoprolol. The treatment plan was noted to include medications, diet, and exercise. A request was received for ramipril 10mg #100, atorvastatin 20mg #100, T3 Free, Free thyroxine, TSH, uric acid, GGTP, serum ferritin, vitamin d, 25 hydroxy, apolipoprotein a, apolipoprotein b, total t3, t3 uptake, t4, basic metabolic panel, hepatic function panel, and CBC without a rationale. The Request for Authorization was signed 11/07/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ramipril 10mg #100: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation website Drugs.com

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Diabetes, Hypertension treatment.

Decision rationale: The request for ramipril 10mg #100 is not medically necessary. According to the Official Disability Guidelines, ramipril is the first line choice after lifestyle modifications to treat hypertension. The clinical documentation submitted for review did not indicate the efficacy of the use of this medication in terms of improved blood pressure. Consequently, the request is not supported by the evidence based guidelines. Additionally, the request does not specify duration and frequency of use. As such, the request for ramipril 10mg #100 is not medically necessary.

Atorvastatin 20mg #100: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation website Drugs.com

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Diabetes, Statins.

Decision rationale: The request for atorvastatin 20mg #100 is not medically necessary. According to the Official Disability Guidelines, statins, such as atorvastatin, are not recommended as a first line of treatment. Clinical documentation submitted for review did not indicate the efficacy of the use of this medication. Consequently, the request is not supported. Additionally, the request does not specify duration and frequency of use. As such, the request for atorvastatin 20mg #100 is not medically necessary.

T3 Free: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/t3/tab/test/>

Decision rationale: The request for T3 free is not medically necessary. T3 free is used to assess thyroid function. The clinical documentation submitted for review did not indicate a rationale for the requested laboratory study. Consequently, the request is not supported. As such, the request for T3 free is not medically necessary.

Free Thyroxine: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/t4/tab/test/>

Decision rationale: The request for free thyroxine is not medically necessary. According to labtestsonline.org, free thyroxine tests are used to help evaluate thyroid function and diagnose thyroid disease. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported. As such, the request for free thyroxine is not medically necessary.

TSH: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/tsh/tab/test/>

Decision rationale: A request was received for TSH. According to labtestsonline.org, TSH is used to evaluate thyroid function. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported. As such, the request for TSH is not medically necessary.

Uric Acid: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/uric-acid/tab/test/>

Decision rationale: The request for serum ferritin is not medically necessary. According to labtestsonline.org, ferritin test is ordered to assess a person's iron stored in the body. The clinical documentation submitted for review did not indicate a rationale for the requested service.

Consequently, the request is not supported by the evidence based guidelines. As such, the request for serum ferritin is not medically necessary.

GGTP: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/ggt/tab/test/>

Decision rationale: The request for serum ferritin is not medically necessary. According to labtestsonline.org, ferritin test is ordered to assess a person's iron stored in the body. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported by the evidence based guidelines. As such, the request for serum ferritin is not medically necessary.

Serum Ferritin: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/ferritin/tab/test/>

Decision rationale: The request for serum ferritin is not medically necessary. According to labtestsonline.org, ferritin test is ordered to assess a person's iron stored in the body. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported by the evidence based guidelines. As such, the request for serum ferritin is not medically necessary.

Vitamin D, 25 hydroxy: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/vitamin-d/tab/test/>

Decision rationale: The request for vitamin D, 25 hydroxy is not medically necessary. According to labtestsonline.org, vitamin D testing is used to determine if bone weakness, bone malformation, or abnormal metabolism with calcium is occurring. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported. As such, the request for vitamin D, 25 hydroxy is not medically necessary.

Apolipoprotein A: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/apoa/tab/test/>

Decision rationale: The request for apolipoprotein A is not medically necessary. According to labtestsonline.org, this test may be ordered to determine the person's risk for cardiovascular disease. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported. As such, the request for apolipoprotein A is not medically necessary.

Apolipoprotein B: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/apob/tab/test/>

Decision rationale: The request for apolipoprotein B is not medically necessary. According to labtestsonline.org, this test is helped to determine an individual's risk for developing cardiovascular disease. The clinical documentation submitted for review did not indicate a rationale for the requested laboratory service. Consequently, the request is not supported. As such, the request for apolipoprotein B is not medically necessary.

Total T3: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/t3/tab/test/>

Decision rationale: The request for total T3 is not medically necessary. Total T3 is used to assess thyroid function. The clinical documentation submitted for review did not indicate a rationale for the requested laboratory study. Consequently, the request is not supported. As such, the request for total T3 is not medically necessary.

T3 Uptake: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/t3/tab/test/>

Decision rationale: The request for T3 uptake is not medically necessary. T3 uptake is used to assess thyroid function. The clinical documentation submitted for review did not indicate a rationale for the requested laboratory study. Consequently, the request is not supported. As such, the request for T3 uptake is not medically necessary.

T4: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/t4/tab/test/>

Decision rationale: The request for T4 is not medically necessary. According to labtestsonline.org, T4 tests are used to help evaluate thyroid function and diagnose thyroid disease. The clinical documentation submitted for review did not indicate a rationale for the

requested service. Consequently, the request is not supported. As such, the request for T4 is not medically necessary.

Basic metabolic panel: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Harrison's Principles of Internal Medicine, 18th Edition, McGraw-Hill, pre-operative Testing Section, by Gyanendra K Sharma, MD, FACC, FASE; Chief Editor: William A Schwer, MD, as well as Medscape, updated June 24, 2013

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: <http://labtestsonline.org/understanding/analytes/bmp/tab/test/>

Decision rationale: The request for basic metabolic panel is not medically necessary. According to labtestsonline.org, basic metabolic panel (BMP) is used to check the status of a person's kidneys, electrolytes, acid/base balance, and blood glucose level. The clinical documentation submitted for review did not indicate a rationale for the requested service. Consequently, the request is not supported. As such, the request for basic metabolic panel is not medically necessary.