

Case Number:	CM14-0209665		
Date Assigned:	12/22/2014	Date of Injury:	02/16/2013
Decision Date:	02/28/2015	UR Denial Date:	11/10/2014
Priority:	Standard	Application Received:	12/15/2014

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: Anesthesiology, Pain Management

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

According to the records made available for review, this is a 26-year-old female with a 2/16/13 date of injury. At the time (10/23/14) of request for authorization for Interferential Unit and Supplies X60 Day Rental & Purchase for the Right Shoulder, there is documentation of subjective (no changes in her right shoulder with shoulder pain rated 3/10) and objective (stiffness and weakness to right upper extremity) findings, current diagnoses (sprain of neck, cervicgia, other affections of shoulder region not elsewhere classified, and pain in joint, shoulder region), and treatment to date (activity modifications, H-wave, physical therapy, and TENS unit). 9/22/14 medical report identifies patient has failed conservative care with the TENS unit, physical therapy, and medications alone. There is no documentation that the IF unit will be used in conjunction with additional recommended treatments, including return to work, exercise and medications.

IMR ISSUES, DECISIONS AND RATIONALES

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

Interferential Unit and Supplies X60 Day Rental & Purchase for the Right Shoulder:

Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation (ICS).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Interferential Current Stimulation (ICS) Page(s): 118-120.

Decision rationale: MTUS Chronic Pain Medical Treatment Guidelines identifies that interferential current stimulation is not recommended as an isolated intervention and that there is no quality evidence of effectiveness except in conjunction with recommended treatments, including return to work, exercise and medications, and limited evidence of improvement on those recommended treatments alone. Within the medical information available for review, there is documentation of diagnoses of sprain of neck, cervicalgia, other affections of shoulder region not elsewhere classified, and pain in joint, shoulder region. In addition, given documentation that the patient has failed conservative care with the TENS unit, physical therapy, and medications alone, there is documentation of limited evidence of improvement on those recommended treatments alone. However, there is no documentation that the IF unit will be used in conjunction with additional recommended treatments, including return to work, exercise and medications. Therefore, based on guidelines and a review of the evidence, the request for Interferential Unit and Supplies X60 Day Rental & Purchase for the Right Shoulder is not medically necessary.