

Case Number:	CM14-0028043		
Date Assigned:	06/16/2014	Date of Injury:	01/11/2001
Decision Date:	01/28/2015	UR Denial Date:	02/27/2014
Priority:	Standard	Application Received:	03/05/2014

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. The expert reviewer is Board Certified in Internal Medicine, and is licensed to practice in Arizona. 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 44year old man with a work related injury dated 12/27/00 resulting in chronic low back pain. The patient has multiple medical diagnosis including GERD, hypertension, valvular heart disease, obstructive sleep apnea, irritable bowel syndrome and lumbar sprain/strain. Multiple medical records were reviewed including progress notes from the primary treating physician dated 6/5/13 and 11/5/13. The utilization review dated 2/27/14 is available for review and references an evaluation by the primary treating physician dated 2/4/14 but this is not available for review. On 11/5/13 the patient had a blood pressure of 129/98 and a heart rate of 57 and 2+ edema of both legs. Otherwise the physical exam was unremarkable. The medications were listed as Clonidine, Cardizem, Omeprazole, Aspirin, Lipitor and Vitamin D supplements. An echocardiogram was done on 2/26/13 showing left ventricular hypertrophy, mild mitral regurgitation, mild aortic sufficiency and minimal tricuspid regurgitation. The plan of care included urine toxicology screen and fasting labs for the diagnosis of hypertension. There was no documentation of the last time labs were obtained. Under consideration are the services denied during utilization review dated 2/27/14 which include fasting labs (comprehensive metabolic panel), vitamin D level, urine toxicology screen, EKG, stress echo, 2D echo with Doppler, vascular ultrasound, carotid ultrasound.

IMR ISSUES, DECISIONS AND RATIONALES

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

Fasting Laboratory Test (DM): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.labtestsonline.org

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: Uptodate.com, overview of Hypertension in Adults

Decision rationale: The MTUS is silent regarding the use of fasting labs with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation supports that he had fasting labs ordered at the previous visit on 6/5/13. The visit on 11/5/13 doesn't make a reference to the results of the fasting labs ordered on 6/5/13. The patient is not newly diagnosed with hypertension therefore the use of fasting labs is not medically necessary. Furthermore the patient is not taking any medications that require the use of fasting labs when fasting labs were ordered less than six months previously.

Fasting Laboratory Test (ED): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.labtestsonline.org

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: Uptodate.com, overview of Hypertension in Adults

Decision rationale: The MTUS is silent regarding the use of fasting labs with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation supports that he had fasting labs ordered at the previous visit on 6/5/13. The visit on 11/5/13 doesn't make a reference to the results of the fasting labs ordered on 6/5/13. The patient is not newly diagnosed with hypertension therefore the use of fasting labs is not medically necessary. Furthermore the patient is not taking any medications that require the use of fasting labs when fasting labs were ordered less than six months previously.

Fasting Laboratory Test (GA Profile): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.labtestsonline.org

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: Uptodate.com, overview of Hypertension in Adults

Decision rationale: The MTUS is silent regarding the use of fasting labs with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation supports that he had fasting labs ordered at the previous visit on 6/5/13. The visit on 11/5/13 doesn't make a reference to the results of the fasting labs ordered on 6/5/13. The patient is not newly diagnosed with hypertension therefore the use of fasting labs is not medically necessary. Furthermore the patient is not taking any medications that require the use of fasting labs when fasting labs were ordered less than six months previously.

Fasting Laboratory Test (Hypertension Profile): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.labtestsonline.org.

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: Uptodate.com, overview of Hypertension in Adults.

Decision rationale: The MTUS is silent regarding the use of fasting labs with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation supports that he had fasting labs ordered at the previous visit on 6/5/13. The visit on 11/5/13 doesn't make a reference to the results of the fasting labs ordered on 6/5/13. The patient is not newly diagnosed with hypertension therefore the use of fasting labs is not medically necessary. Furthermore the patient is not taking any medications that require the use of fasting labs when fasting labs were ordered less than six months previously.

Fasting Laboratory Test (Vitamin D25-OH): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.labtestsonline.org

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: Uptodate.com, overview of Hypertension in Adults.

Decision rationale: The MTUS is silent regarding the use of fasting labs with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation supports that he had fasting labs ordered at the previous visit on 6/5/13. The visit on 11/5/13 doesn't make a reference to the results of the fasting labs ordered on 6/5/13. The patient is not newly diagnosed with hypertension therefore the use of fasting labs is not medically necessary. Furthermore the patient is not taking any medications that require the use of fasting labs when fasting labs were ordered less than six months previously.

Urine Toxicology Screen: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids, Screening for Risk of Addiction (Tests)..

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 76-96.

Decision rationale: With respect to urine drug screens, the MTUS states that they are recommended but doesn't give a specific frequency. With regards to MTUS criteria for the use of opioids a UDS is recommended when therapeutic trial of opioids is initiated to assess for the use or the presence of illegal drugs. For ongoing management of patients taking opioids actions should include the use of drug screening or inpatient treatment for patients with issues of abuse, addiction or poor pain control. Steps to avoid misuse/addiction of opioid medications include frequent random urine toxicology screens. There is no specific frequency sited. In this case the patient doesn't appear to be taking any narcotic medications therefore Urine Toxicology is not medically necessary

EKG: Upheld

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

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: Uptodate.com, overview of Hypertension in Adults.

Decision rationale: The MTUS is silent regarding the use of an EKG with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and is not newly diagnosed. There is no

complaint of chest pain or any other cardiac complaints therefore an EKG is not medically necessary.

Stress Echo: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.cigna.com Transthoracic Echocardiogram (TTE)

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: Uptodate.com, overview of Hypertension in Adults

Decision rationale: The MTUS is silent regarding the use of a stress echo with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the patient has an established diagnosis of hypertension and the documentation does not support that he has any cardiac complaints. A stress echo is not routinely recommended for the evaluation of hypertension and is not medically necessary.

2D Echo Doppler: Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.cigna.com Transthoracic Echocardiogram (TTE)

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: UptoDate.com, overview of the Management of Chronic Mitral Regurgitation.

Decision rationale: The MTUS is silent regarding the use of 2D Echocardiogram with Doppler Ultrasound. The patient has a previously diagnosed left ventricular hypertrophy with valvular heart disease. He is evaluated on 11/5/13 with noted lower extremity edema. According to Up-to-date regarding valvular heart disease when a patient presents with a change of condition possibly due to decompensation of heart function an echocardiogram is an appropriate diagnostic test. The echocardiogram is medically appropriate.

Vascular Ultrasound: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.radiologyinfo.org

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: Uptodate.com, overview of Hypertension in Adults.

Decision rationale: The MTUS is silent regarding the use of a vascular ultrasound with regards to the treatment and evaluation of hypertension. According to UptoDate.com, Overview of hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the documentation doesn't support the need for a vascular ultrasound therefore it is not medically necessary.

Carotid Ultrasound: Upheld

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

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: Uptodate.com, overview of Hypertension in Adults

Decision rationale: The MTUS is silent regarding the use of a carotid ultrasound with regards to the treatment and evaluation of hypertension. According to UptoDate.com, overview of Hypertension in Adults, when a patient is initially diagnosed with hypertension the use of diagnostic studies to evaluate for end organ damage is appropriate. Diagnostic studies include fasting glucose, kidney function, electrolytes and liver function, urinalysis and EKG. In this case the documentation doesn't support the need for carotid ultrasound therefore it is not medically necessary.