

Case Number:	CM14-0214503		
Date Assigned:	01/07/2015	Date of Injury:	06/08/2007
Decision Date:	02/28/2015	UR Denial Date:	12/03/2014
Priority:	Standard	Application Received:	12/22/2014

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: Psychologist

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 (IW) is a 59 year-old female (██████████) with a date of injury of 08/08/2007. The injured worker sustained injury to her right shoulder and right wrist and hand while working for ██████████. The IW also developed psychological symptoms of depression and anxiety. Prior psychological treatment is not known. The request under review is for 6 psychotherapy sessions, which were denied by UR on 12/03/2014.

IMR ISSUES, DECISIONS AND RATIONALES

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

6 Psychologist Sessions: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological treatment.

Decision rationale: The IW's prior psychological history is not known and she has not completed a psychological evaluation that will offer more specific diagnostic information as well as appropriate treatment recommendations. At this point a consultation with a psychologist

allows for screening, assessment of goals, and further treatment options, including brief individual or group therapy. Without information from a thorough evaluation/consultation, the need for psychotherapy cannot be determined. As a result, the request for 6 psychotherapy sessions is not medically necessary.