

<b>Case Number:</b>	CM14-0063228		
<b>Date Assigned:</b>	07/11/2014	<b>Date of Injury:</b>	04/28/2006
<b>Decision Date:</b>	12/03/2015	<b>UR Denial Date:</b>	04/22/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/06/2014

### 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: Emergency Medicine

### 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 42 year old woman sustained an industrial injury on 4-28-2006. Treatment has included oral medications. Physician notes dated 3-20-2014 show complaints of back, knee, and leg pain. The physical examination shows pain with movement of the lumbar spine and tenderness. Recommendations include pain management consultation and further studies that are not listed. Utilization Review denied requests for Zolpidem, Cyclobenzaprine, Hydrocodone-Acetaminophen, and supervised weight loss program on 4-22-2014.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **1 Prescription of Zolpidem 5mg #60: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain (Chronic).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental(stress)/Zolpidem (Ambien).

**Decision rationale:** The request is for the use of zolpidem. The official disability guidelines state the following regarding the use of this medication: Not recommended for long-term use, but recommended for short-term use. See Insomnia treatment for zolpidem (brand names Ambien, Edluar, Intermezzo, Zolpimist). See also the Pain Chapter. Zolpidem is approved for the short-term (usually two to six weeks) treatment of insomnia. While sleeping pills, so-called minor tranquilizers, and anti-anxiety agents are commonly prescribed in chronic pain, pain specialists rarely, if ever, recommend them for long-term use. They can be habit-forming, and they may impair function and memory more than opioid pain relievers. There is also concern that they may increase pain and depression over the long-term. Ambien CR offers no significant clinical advantage over regular release zolpidem, and Ambien CR causes a greater frequency of dizziness, drowsiness, and headache compared to immediate release zolpidem. Due to adverse effects, FDA now requires lower doses for zolpidem. The ER product is still more risky than IR. Even at the lower dose of Ambien CR now recommended by the FDA, 15% of women and 5% of men still had high levels of the drug in their system in the morning. (Pain Chapter) Emergency department (ED) visits for adverse reactions related to zolpidem increased by almost 220% in a recent 5-year period, according to the Substance Abuse and Mental Health Services Administration (SAMHSA). Women and the elderly appear to be most prone to adverse reactions linked to zolpidem. Doctors should look at alternative strategies for treating insomnia such as sleep hygiene. By 2010 there were 64,175 ED visits involving zolpidem. The report stresses that zolpidem should be used safely for only a short period of time. (SAMHSA, 2013) Zolpidem (Ambien) increases the ability to remember images, but only those that have negative or highly arousing content. The findings have potential ramifications for patients prescribed zolpidem for relief of insomnia due to anxiety disorders, including posttraumatic stress disorder (PTSD). Physicians should watch out for this counter-therapeutic effect in patients with anxiety disorders and PTSD, because these are people who already have heightened memory for negative and high-arousal memories. The study also identified sleep spindles as the mechanism that enables the brain to consolidate emotional memory. Sleep spindles are brief bursts of brain activity that occur primarily during non-rapid eye movement (REM) sleep. (Kaestner, 2013) New analysis from SAMHSA shows that overmedicating with zolpidem led to a near doubling of emergency department (ED) visits during the periods 2005-2006 and 2009-2010. (SAMHSA, 2014) In this case, zolpidem is not indicated. This is secondary to the lack of documentation of sleep hygiene evaluation and alteration as well as prolonged duration of use. As such, the request is not medically necessary.

### **1 Prescription of Cyclobenzaprine HCL 7.5 #60: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Muscle relaxants (for pain).

**Decision rationale:** The request is for the use of a muscle relaxant to aid in pain relief. The MTUS guidelines state that the use of a medication in this class is indicated as a second-line option for short-term treatment of acute exacerbations of low back pain. Muscle relaxants may be effective in reducing pain and muscle tension, which can increase mobility. However, in most LBP cases, they show no benefit beyond NSAIDs in pain improvement. Efficacy appears to diminish over time, and prolonged use may lead to dependence. (Homik, 2004) Due to inadequate documentation of a recent acute exacerbation and poor effectiveness for chronic long-term use, the request is not medically necessary.

## **1 Prescription of Hydrocodone/APAP 10/325mg #60: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use.

**Decision rationale:** The request is for the use of a medication in the opioid class. The MTUS guidelines state that for ongoing treatment with a pharmaceutical in this class, certain requirements are necessary. This includes not only adequate pain control, but also functional improvement. Four domains have been proposed for management of patients on opioids. This includes pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant drug-related behaviors. As part of the pain treatment agreement, it is advised that "Refills are limited, and will only occur at appointments." In this case, there is inadequate documentation of persistent functional improvement seen. As such, the request is not medically necessary. All opioid medications should be titrated down slowly in order to prevent a significant withdrawal syndrome.

## **1 Medically supervised weight loss program: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Snow V Barry, Fitterman N, Qaseem A, Weiss K. Pharmacologic and surgical management of obesity in primary care: a clinical practice guideline from the American College of Physicians. Ann Intern Med 2005 Apr; 142 (7): 525-31.

**MAXIMUS guideline:** Decision based on MTUS General Approaches 2004, Section(s): Prevention.

**Decision rationale:** The request is for participation in a weight loss program. The MTUS guidelines state the following regarding this topic: Strategies based on modification of individual risk factors (e.g., improving worker fitness, smoking cessation, weight loss) may be less certain, more difficult, and possibly less cost effective. In particular, abdominal muscular strengthening to prevent low back pain is not supported by the existing evidence, whereas good aerobic condition is associated with a lower injury rate. Improving flexibility and strengthening of specific areas, such as the shoulder girdle, are recommended elsewhere (see Chapter 9, for example). An emphasis on aerobic conditioning may be appropriate to prevent musculoskeletal disorders. Aerobic fitness has other benefits as well, including improved productivity and job satisfaction. In this case, a weight loss program is not indicated. While modification of individual risk factors including weight loss is supported, there is no mention of specific weight loss programs as being more effective than self-directed activity. There is also no documentation of specific weight loss measures with results undertaken by the patient such as dietary modification or home exercise programs. As such, the request is not medically necessary.