

Case Number:	CM14-0072490		
Date Assigned:	07/16/2014	Date of Injury:	04/06/2013
Decision Date:	05/01/2015	UR Denial Date:	04/16/2014
Priority:	Standard	Application Received:	05/19/2014

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, Indiana, New York
Certification(s)/Specialty: Internal 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:

The injured worker is a 38 year old male, who sustained an industrial injury on 4/6/2013. Diagnoses have included obesity and hypertension. Treatment to date has included the [REDACTED] weight loss program. A progress report dated 3/4/2014 documents that the current body mass index was 29 with a goal of 24. The documented weight was 183 pounds. It was noted that [REDACTED] had been approved three weeks ago and the injured worker had lost 21 pounds. According to the Primary Treating Physician's Progress Report dated 4/8/2014, the injured worker had lost 45 pounds. His current weight was 175 pounds; the injured worker wanted to weigh 150 pounds. The treatment plan was to continue the [REDACTED] weight loss program for six weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

[REDACTED] weight loss program for six (6) weeks: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medical Disability Advisor by Presley Reed, MD, Obesity.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/123702-treatment>.

Decision rationale: Pursuant to Medline plus (see attached link), [REDACTED] weight loss program for 6 weeks is not medically necessary. Treatment of obesity starts with comprehensive lifestyle management (i.e. diet, physical activity, behavioral modification) which should include the following: self-monitoring of caloric intake and physical activity; goal setting; stimulus control; nonfood rewards; and relapse prevention. See attached link for details. In this case, the injured workers' diagnoses are multiple orthopedic injuries; Right knee mechanical symptoms of swelling and pain; Bilateral knee industrial injury; Cervical, thoracic and lumbar spine strain currently being evaluated and treated; bilateral upper and lower extremity industrial injuries; and plantar fasciitis currently under treatment. Other than the plantar fasciitis, the diagnoses are nonspecific. The documentation indicates the injured worker was previously enrolled in the [REDACTED] weight loss program. Reportedly, according to a March 2014 progress note the injured worker lost 21 pounds and on April 8, 2014 the injured worker lost 43 pounds. There was no height in the medical record and the BMI could not be calculated. The injured worker had normal vital signs and there were no other subjective complaints such as hypertension or chest pain documented in medical record. Treatment of obesity starts with comprehensive lifestyle management including diet, physical activity and behavioral modification. The injured worker was previously enrolled in the weight loss program. After a significant amount of weight loss (43 pounds) the injured worker should be able to self-monitor in terms of caloric intake along with physical activity goal setting and stimulus control. Additionally, the date of injury was April 6, 2013. The treating physician has not established a causal relationship between the work injury and the pre-existing weight issue. Consequently, absent compelling clinical documentation for continued enrollment in the [REDACTED] weight loss program after a 43-pound weight loss, enrollment in the [REDACTED] weight loss program for 6 weeks is not medically necessary.