

<b>Case Number:</b>	CM14-0082846		
<b>Date Assigned:</b>	07/21/2014	<b>Date of Injury:</b>	04/24/2007
<b>Decision Date:</b>	03/11/2015	<b>UR Denial Date:</b>	05/06/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/04/2014

### 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: Arizona, Michigan

Certification(s)/Specialty: Preventive Medicine, Occupational 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 58 year old female with a date of injury of 4/24/2007. Her injury appears to be cumulative. She is being managed for lumbar strain, shoulder pain and feet pain. She has had physical therapy to her lower back and both her shoulders. On 4/25/2014 She followed up with her treating physician for her shoulders, low back and feet. It was reported that her feet were a little worse and she had been using orthotics for about a year. Her low back spasms were also a little worse. Her physical exam was significant for lumbar paravertebral muscle guarding, negative straight leg raise, the plantar fascia of her feet were tender bilaterally and she had increased pain with dorsiflexion. Her diagnoses included right shoulder pain, low back pain, plantar fasciitis. It is reported that she has gained 50lbs since her injury and has been on [REDACTED] and had successfully lost 15 lbs and had 15lbs more to loose. The request is for additional course of [REDACTED].

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Additional course of [REDACTED]:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management.

**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: National Guideline Clearing House, Guideline Title: Screening for and management of obesity in adults: U.S. Preventive Services Task Force recommendation statement. Bibliographic Source(s): U.S. Preventive Services Task Force. Screening for and management of obesity in adults: U.S. Preventive Services Task Force recommendation statement. Ann Intern Med. 2012 Sep 4;157(5):373-8.

**Decision rationale:** The MTUS, ACOEM and ODG do not specifically address weight management in the treatment of chronic pain therefore other guidelines were consulted. Per the NGC, regarding weight loss, The USPSTF found that the most effective interventions were comprehensive and were of high intensity (12 to 26 sessions in a year). Although the USPSTF could not determine the effectiveness of other specific intervention components, most of the higher-intensity behavioral interventions included multiple behavioral management activities, such as group sessions, individual sessions, setting weight-loss goals, improving diet or nutrition, physical activity sessions, addressing barriers to change, active use of self-monitoring, and strategizing how to maintain lifestyle changes. Unfortunately a review of the injured workers medical records does not reveal a diagnosis of obesity and there is no documentation of her weight, height or BMI, there is also no specific documentaion of her weight loss goals and how it relates to her chronic pain, based on this lack of information the request for additional course of [REDACTED] is not medically necessary.