

Case Number:	CM14-0090613		
Date Assigned:	08/08/2014	Date of Injury:	02/07/2013
Decision Date:	01/23/2015	UR Denial Date:	06/06/2014
Priority:	Standard	Application Received:	06/16/2014

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 New York. 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 55-year-old female who reported an injury on 02/07/2013. The mechanism of injury was not provided. The diagnosis included left knee pain with recurrent medial meniscus tear, Baker's cyst, and patellar tendonitis. Prior treatments included ice, stretching exercise, and wearing a Cho-Pat brace. The patient's medications included Voltaren gel. The patient presented on 02/25/2014 with continued complaints of pain to the left knee on the posterior medial side. The injured worker rated her pain at 5/10 using the VAS. Objective findings included an antalgic limp in the left knee. Range of motion was 0 to 110 degrees of flexion. There was tenderness to palpation over the medial joint line. McMurray's sign was positive for medial compartment derangement. Ligaments were stable to stress. The patella glides centrally with minimal crepitus. There was tenderness over the left patellar tendon. There was also a palpable Baker's cyst in the posterior knee. Treatment plan included an echocardiogram, EKG, CBC, and diff, collagen panel, CRP, hemoglobin A1C, lipid panel, lipoprotein A, magnesium, red blood cell count, metabolic 10231, total protein, a 24 hour urine, sed rate by Mod West, a T3 total, a T4, TSH, uric acid, urinalysis complete, and vitamin D 25 hydroxy serum. The Request for Authorization dated 06/13/2014 was submitted with documentation. The rationale for the request was not provided.

IMR ISSUES, DECISIONS AND RATIONALES

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

CBC (complete blood count test) & Diff (blood differential test): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Specific Drug List & Adverse Effects Page(s): 70. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: LABS per labtestsonline.org and <http://www.mayoclinic.org/diseases-conditions/c-difficile/basics/definition/con-20029664>

Decision rationale: The request for CBC (complete blood count test) and diff (blood differential test) is not medically necessary. The California MTUS guidelines recommend periodic lab monitoring of a CBC and chemistry profile (including liver and renal function tests). There has been a recommendation to measure liver transaminases within 4 to 8 weeks after starting therapy, but the interval of repeating lab tests after this treatment duration has not been established. Routine blood pressure monitoring is recommended. Labtestonline indicate that a complete blood count (CBC) is often used as a broad screening test to determine an individual's general health status. Clostridium difficile, often called C. difficile or C. diff, is a bacterium that can cause symptoms ranging from diarrhea to life-threatening inflammation of the colon. Illness from C. difficile most commonly affects older adults in hospitals or in long-term care facilities and typically occurs after use of antibiotic medications. However, studies show increasing rates of C. difficile infection among people traditionally not considered high risk, such as younger and healthy individuals without a history of antibiotic use or exposure to health care facilities. Each year, more than a half million people get sick from C. difficile, and in recent years, C. difficile infections have become more frequent, severe and difficult to treat. The clinical information submitted was not evident that the patient had any abnormal values or signs or symptoms to warrant the need for a CBC or a C diff. The documentation did not indicate that the patient was starting a regimen of NSAIDs. As such, the request is not medically necessary.

Collagen Panel: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://medical-dictionary.thefreedictionary.com/collagen+disease+%26+arthritis+panel>.

Decision rationale: The request for a collagen panel is not medically necessary. Labtestsonline.org states that lab medicine: a battery of serum tests designed to establish the diagnosis of a rheumatic disease in a most cost-effective manner; the CD&AP measures ESR, rheumatic factor-by latex agglutination, uric acid levels, ANAs, C-reactive protein. The clinical notes do not indicate that the injured worker had a diagnosis of rheumatoid arthritis or signs and symptoms to warrant the laboratory testing for rheumatoid arthritis. Given the above, the injured worker does not meet the criteria. As such, the request is not medically necessary.

CRP (C-reactive protein): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://www.webmd.com/a-to-z-guides/c-reactive-protein-crp>

Decision rationale: The request for a CRP (C-reactive protein) is not medically necessary. The labsonline.org indicates that a C-reactive protein (CRP) test is a blood test that measures the amount of a protein called C-reactive protein in your blood. C-reactive protein measures general levels of inflammation in your body. High levels of CRP are caused by infections and many long-term diseases. But a CRP test cannot show where the inflammation is located or what is causing it. Other tests are needed to find the cause and location of the inflammation. When your doctor suspects that you have an acute condition causing inflammation, such as a serious bacterial or fungal infection or when you are suffering from an inflammatory disorder such as arthritis, an autoimmune disorder, or inflammatory bowel disease. The clinical notes do not indicate that the injured worker had any signs or symptoms related to a serious bacterial or fungal infection, or were suffering from an inflammatory disorder such as arthritis or an autoimmune disorder. Therefore, the request for CRP (C-reactive protein) is not medically necessary.

Hemoglobin A1C with MPG (Mean Plasma Glucose): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/a1c/>

Decision rationale: The request for the hemoglobin A1c with MPG (mean plasma glucose) is not medically necessary. The labsonline.org indicates that hemoglobin A1c is used to monitor a person's diabetes and to aid in treatment decisions. The documentation was not evident that the injured worker had a diagnosis of diabetes or signs or symptoms related to diabetes. Therefore, the request for the hemoglobin A1C is not medically necessary.

Magnesium: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/magnesium/>

Decision rationale: The request for magnesium is not medically necessary. The labtestsonline.org indicates that labs for drawing magnesium are to evaluate the level of magnesium in your blood and to help determine the cause of abnormal levels of magnesium, calcium and/or potassium. It is for symptoms such as weakness, irritability, cardiac arrhythmia, nausea, and/or diarrhea that may be due to too much or too little magnesium; or when you have abnormal calcium or potassium levels. Clinical notes were not evident that the injured worker presented with any weakness, irritability, cardiac arrhythmias, nausea, or diarrhea. Therefore, the request for the magnesium is not medically necessary.

RBC (red blood count): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/rbc/>

Decision rationale: The request for RBC (red blood count) is not medically necessary. The labtestsonline.org indicates that RBC is to evaluate the number of red blood cells (RBCs); used to screen for, help diagnose, or monitor conditions affecting red blood cells As part of a complete blood count (CBC), during a health examination, or when a health practitioner suspects that you have a condition such as anemia (decreased number of RBCs) or polycythemia (increased number of RBCs). The Documentation lacked objective findings that indicated the patient had any signs and symptoms associated with anemia that would be weakness, or fatigue. Therefore, the request for the RBC (red blood count) is not medically necessary.

Metabolic 10231 (Comprehensive Metabolic Panel): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/cmp/>

Decision rationale: The request for metabolic 10231 (comprehensive metabolic panel) is not medically necessary. The labtestsonline.org indicate that comprehensive metabolic panels are to give your health care provider important information about the current status of your kidneys and liver as well as electrolyte and acid/base balance and levels of blood glucose and blood proteins; to monitor known conditions, such as hypertension, and to monitor the use of medications to check for any kidney- or liver-related side effects, As part of a routine health exam; when you are being monitored for a specific condition or are taking medications that may impact your kidney or liver. The provider did not indication that the injured worker is taking any medication that had affected the kidney or will affect the kidney or electrolytes. There was no indication on examination that the injured worker has any specific condition that would warrant the need for a

comprehensive metabolic panel. Therefore, the request for a metabolic 10231 (comprehensive metabolic panel) is not medically necessary.

Total Protein: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/tp/>

Decision rationale: The request for a total protein is not medically necessary. The labtestsonline.org indicate that total protein is indicated as part of a general health checkup, to determine your nutritional status or to screen for and help diagnose certain liver and kidney disorders as well as other diseases When you have a routine physical exam or when you experience unexpected weight loss or fatigue, or when your doctor thinks that you have symptoms of a liver or kidney disorder. The clinical notes were not evident of any liver or kidney disorders, as well as any other disease to warrant the need for a total protein test. Therefore, the request for a total protein is not medically necessary.

24 hour Urine with Creatinine: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/urine-metanephrine/>

Decision rationale: The request for 24 hour urine with creatinine is not medically necessary. Labtestsonline.org indicates that 24 hour urine with creatinine is to help diagnose or rule out a pheochromocytoma or other neuroendocrine tumor. It is for symptoms of increased catecholamines release, such as persistent or episodic high blood pressure, severe headaches, rapid heart rate, and sweating. The 24 hour urine is used to rule out pheochromocytoma or neuroendocrine tumor. The patient did not present with any episodes of high blood pressure, severe headaches, rapid heart rate, or sweating. As such, the request for the 24 hour urine with creatinine is not medically necessary.

Sed Rate by Mod West (sedimentation rate by Modified Westergren): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/esr/>

Decision rationale: The request for Sed rate with Mod West (sedimentation rate by Modified Westergren) is not medically necessary. The labtestsonline.org indicate that a sed rate by Mod West is to detect the presence of inflammation caused by one or more conditions such as infections, tumors or autoimmune diseases; to help diagnose and monitor specific conditions such as temporal arteritis, systemic vasculitis, polymyalgia rheumatica, or rheumatoid arthritis. When your health practitioner thinks that you might have a condition causing inflammation; when you have signs and symptoms associated with temporal arteritis, systemic vasculitis, polymyalgia rheumatica, or rheumatoid arthritis such as headaches, neck or shoulder pain, pelvic pain, anemia, poor appetite, unexplained weight loss, and joint stiffness. The injured worker did not present with any signs or symptoms that would warrant a labs to include a sedimentation rate. Therefore, the request is not medically necessary.

T3 Total (thyroxine-binding globulin): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/t3/>

Decision rationale: The request for T3 total (thyroxine binding globulin) is not medically necessary. The labtestsonline.org indicate that a T3 total level is to help evaluate thyroid gland function; to diagnose thyroid disease, including hyperthyroidism, and determine the cause; to monitor effectiveness of treatment of a thyroid disorder. The test is for abnormal TSH, particularly with a normal free T4 result, and/or signs and symptoms of hyperthyroidism. The patient did not present with signs or symptoms that would warrant any testing for T3. Therefore, the request is not medically necessary.

T4 Thyroxine (bound and free thyroxine): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/t4/>

Decision rationale: The request for T4 thyroxine (bound and free thyroxine) is not medically necessary. The labtestsonline.org indicates that a T4 thyroxine is to help evaluate thyroid gland function; to help diagnose thyroid disease; to screen for hypothyroidism in newborns; to monitor effectiveness of treatment. Tests are indicated when you have signs and symptoms of thyroid

disease, usually after an abnormal result on a TSH test; commonly performed as a screening test on newborns soon after birth; when you are being treated for a thyroid disorder. The clinical information did not indicate that the patient had any thyroid gland dysfunction or the patient does not have a diagnosis of thyroid disease or signs and symptoms that would warrant testing for thyroidism. Therefore, the request for the T4 thyroxine is not medically necessary.

TSH (thyroid-stimulating hormone): Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/thyroid-panel/>

Decision rationale: The request for TSH (thyroid stimulating hormone) is not medically necessary. The labtestsonline.org indicate that the TSH is used to help evaluate thyroid gland function and to help diagnose thyroid disorders. It is used as part of a health checkup or when symptoms suggest hypo- or hyperthyroidism due to a condition affecting the thyroid. The documentation lacked objective findings of sign and symptoms indicating the injured worker had thyroid issues. Given the above, the request for TSH is not medically necessary.

Uric Acid: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/uric-acid/>

Decision rationale: The decision for uric acid is not medically necessary. Labtestsonline.org indicates that uric acid testing is to detect high levels of uric acid in the blood, which could be a sign of the condition gout, or to monitor uric acid levels when undergoing chemotherapy or radiation treatment; to detect high levels of uric acid in the urine in order to diagnose the cause of kidney stones and to monitor those with gout who are at risk of developing such stones. When you have joint pain or other symptoms that your doctor suspects may be due to gout; when you have had or are going to have certain chemotherapy or radiation therapies for cancer; when you have recurrent kidney stones; when you have gout or are otherwise at risk for kidney stone formation. The clinical notes did not indicate the injured worker had any gout, signs and symptoms of gout condition, kidney stones, or joint pain with other symptoms that are associated with gout. Therefore, the request for the uric acid is not medically necessary.

Urinalysis Complete: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

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: <http://labtestsonline.org/understanding/analytes/urinalysis/>

Decision rationale: The request for a urinalysis complete is not medically necessary. The labtestingonline.org indicate that urinalyses are used to screen for metabolic and kidney disorders and for urinary tract infections (UTIs). During a routine physical or when you have symptoms of a UTI, such as abdominal pain, back pain, frequent or painful urination; as part of a pregnancy check-up, a hospital admission, or a pre-surgical work-up. However, the injured worker did not present with any kidney disorders, urinary infections, no signs and symptoms which would be associated as abdominal pain, or frequent and painful urination. There is no indication that the patient is getting a pre-surgical workup. Therefore, the request for the urinalysis complete is not medically necessary.