

<b>Case Number:</b>	CM15-0005233		
<b>Date Assigned:</b>	01/16/2015	<b>Date of Injury:</b>	11/12/1999
<b>Decision Date:</b>	03/17/2015	<b>UR Denial Date:</b>	12/12/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/09/2015

### 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: Family Practice

### 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 64 year old male injured worker sustained an industrial injury on 11/12/1999. At the time to the injury, he worked as a deputy sherrif and is currently diagnosed with type 2 diabetes, obesity, glaucoma, coronary artery disease, hyperlipidemia, hypertension, sleep apnea and heme positive stools. He has had prior myocardial infarction. The Utilization Review determination on 12/12/2014 non-certified Omega-3 Acid Ethyl Esters, citing ODG, it was noted that there is no mention of lipid profile abnormalities. The medical records provide laboratory studies dated 8/12/14 with elevated triglycerides of 704. Elevated VLDL was also noted.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Omega-3 acid ethyl esters 1gm; quantity no indicated:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Cod liver oil. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Omega-3 fatty acids

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation  
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a607065.html>

**Decision rationale:** As noted in national institute of health, Omega-3-acid ethyl esters are used together with lifestyle changes (diet, weight-loss, exercise) to reduce the amount of triglycerides (a fat-like substance) in your blood. Omega-3-acid ethyl esters are in a class of medications called antilipemic or lipid-regulating agents. Omega-3-acid-ethyl esters may work by decreasing the amount of triglycerides and other fats made in the liver. In this case, the injured worker has a history of myocardial infarction and his diagnoses includes coronary artery disease and hyperlipidemia. Laboratory studies have revealed elevated triglyceride levels. The request for Omega-3 acid ethyl esters is medically necessary.