

<b>Case Number:</b>	CM15-0006052		
<b>Date Assigned:</b>	01/26/2015	<b>Date of Injury:</b>	03/14/2012
<b>Decision Date:</b>	03/20/2015	<b>UR Denial Date:</b>	12/18/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/12/2015

### 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: Physical Medicine & Rehabilitation

### 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 51 year old male who sustained an industrial injury on 3/14/12. The injured worker reported symptoms in the back. The diagnoses included lumbar discogenic disease, severe. Treatments to date have included oral pain medication, a walker, a cane and home exercise program. PR2 dated 12/3/14 noted the injured worker presents with "profound numbness in all dermatomes of bilateral lumbar spine..." the treating physician is requesting Toprophan. On 12/18/14, Utilization Review non-certified a request for Toprophan. The MTUS, ACOEM Guidelines, (or ODG) was cited.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Toprophan (medical food supplement):** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Pain Chapter National Institutes of Health

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Pain Chapter, Vitamin B Pain chapter, Medical food <http://enovachem.us.com/portfolio/toprophan/>

**Decision rationale:** Based on the 12/03/14 progress report provided by treating physician, the patient presents with severe failed back syndrome and ambulates with a cane. The request is for TOPROPHEN -MEDICAL FOOD SUPPLEMENT. The patient is status post laminectomy 2008. Patient's diagnosis on 12/03/14 included severe lumbar discogenic disease. Patient's medications include Gabapentin, Diclofenac, Soma, Hydrocodone and Toprophan. The patient is totally disabled. <http://enovachem.us.com/portfolio/toprophan/>. Toprophan is a Medical Nutritional Supplement consisting of vitamin B6, L-Tryptophan, chamomile, valerian extract, melatonin, inositol and other ingredients. The combination of these ingredients may aid patients in falling and staying asleep. Regarding medical food, ODG-TWC, pain Chapter, under Vitamin B states that it is intended for a specific dietary management of a disease or condition for which distinctive nutritional requirements are established by medical evaluation. To be considered, the product must meet the following criteria: 1. The product must be a food for oral or tube feeding. 2. The product must be labeled for dietary management of a specific medical disorder. 3. The product must be used under medical supervision. Per Appeal letter dated 02/05/15, treater states "this medical supplement is a Medical Nutritional supplement consisting of vitamin B6, L-Tryptophan, chamomile, valerian extract, melatonin, inositol." The combination of these ingredients aid the patient "in falling and staying asleep. The patient has difficulty sleeping due to chronic lumbar discogenic disease. He has tried other sleep medications, but "he has had better results falling asleep, staying asleep and awakening clear headed with this Toprophan supplement." However, there is are no guideline recommendations for this particular supplement's use in the management of sleep complaints. Therefore, this request IS NOT medically necessary.