

Case Number:	CM15-0006908		
Date Assigned:	01/26/2015	Date of Injury:	03/11/2009
Decision Date:	03/20/2015	UR Denial Date:	01/02/2015
Priority:	Standard	Application Received:	01/13/2015

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 53 year old male, who sustained an industrial injury on 03/11/2009. He has reported subsequent neck and low back pain and was diagnosed with chronic cervical and lumbar sprain, cervical spondylosis and degenerative disc disease at L5-S1. Other diagnoses included hypertension, hyperlipidemia and squamous cell carcinoma of the left forearm. Treatment to date has included medication, physical therapy, massage therapy and epidural injections. The injured worker was noted to be taking Lisinopril and Nexium. In a progress noted 12/01/2014, the injured worker reported continued headaches and neck pain with paresthesias in the arms. A BMP, CMP, BNP, Triglycerides, HDL and LDL labs were requested. There was no documentation pertaining to the current treatment request. On 01/02/2015, Utilization Review modified a request for BMP, CMP, BNP, Triglycerides, HDL and LDL to BMP or CMP, Triglycerides, HDL and LDL noting that all labs except BNP were appropriate for the injured worker. National Institute of the Health's pubmedicine peer reviewed literature was cited.

IMR ISSUES, DECISIONS AND RATIONALES

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

POSSIBLE LABS TO INCLUDE BMP, CMP, BNP, TRIGLYCERIDES, HDL, LDL:
Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmedhealth

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.nlm.nih.gov/medlineplus/ency/article/003462.htm
www.nlm.nih.gov/medlineplus/ency/article/003468.htm
www.nlm.nih.gov/medlineplus/ency/article/007509.htm
www.nlm.nih.gov/medlineplus/ency/article/003493.htm
www.nlm.nih.gov/medlineplus/ency/patientinstructions/000386.htm

Decision rationale: The 53 year old patient presents with chronic pain at the base of the neck radiating occasionally into the shoulders along with numbness and tingling in both hands, as per progress report dated 11/18/14. The request is for POSSIBLE LABS TO INCLUDE BMP, CNP, BNP, TRIGLYCERIDES, HDL, LDL. The RFA for the request is dated 12/30/14, and the patient's date of injury is 03/11/09. The patient received a gunshot wound to left forearm and needed treatment for medial antebrachial cutaneous nerve, as per progress report dated 11/18/14. The patient is status post left carpal tunnel release on 12/10/12 and right carpal tunnel release on 11/22/13, as per progress report dated 12/01/14. The patient has also been diagnosed with hypertension and hyperlipidemia, and medications include Lisinopril and Nexium, as per progress report dated 11/18/14. The patient has recurrent cervical strains with aggravation of cervical degenerative disease and cervical stenosis. The patient is retired, as per the same progress report. Regarding Basic metabolic Panel (BMP), MedlinePlus says, at website <http://www.nlm.nih.gov/medlineplus/ency/article/003462.htm>. The basic metabolic panel is a group of blood tests that provides information about your body's metabolism. The test is done to evaluate kidney function, blood sugar levels, and blood acid / base balance. As for CMP, MedlinePlus at website www.nlm.nih.gov/medlineplus/ency/article/003468.htm states that "A comprehensive metabolic panel is a group of blood tests. They provide an overall picture of your body's chemical balance and metabolism. Metabolism refers to all the physical and chemical processes in the body that use energy." The resource also states that "This test will give your doctor information about: How your kidneys and liver are working; Blood sugar, cholesterol, and calcium levels; Sodium, potassium, and chloride levels (called electrolytes); Protein levels. Your doctor may order this test during a yearly exam or routine checkup." As per MedlinePlus at website www.nlm.nih.gov/medlineplus/ency/article/007509.htm. Brain natriuretic peptide (BNP) test is a blood test that measures levels of a protein made by your heart and blood vessels. This protein is called BNP. BNP levels are higher than normal when you have heart failure. It also states that "Your doctor may order this test if you have signs of heart failure. Symptoms include shortness of breath and swelling of your legs or abdomen. The test helps your doctor make sure the problems are due to your heart and not your lungs, kidneys, or liver." MedlinePlus at website www.nlm.nih.gov/medlineplus/ency/article/003493.htm has the following to state about Triglyceride testing, "The triglyceride level is a lab test to measure the amount of triglycerides in your blood. Triglycerides are a type of fat." Additionally, it states that "The most important use of this test is to help estimate your LDL cholesterol. This test is also done to help assess your risk for heart disease. A high triglyceride level may lead to atherosclerosis. This condition increases your risk of heart attack and stroke. A high triglyceride level may also cause inflammation of your pancreas." HDL and LDL testing is part of cholesterol screening. Regarding the test, MedlinePlus at website www.nlm.nih.gov/medlineplus/ency/patientinstructions/000386.htm

states that "Everyone should have their first screening test by age 35 for men, and age 45 for women. Some guidelines recommend starting at age 20." As per MedlinePlus, BMP, CMP, Triglycerides, HDL and LDL testing can be done on a routine basis at least once a year but the BNP test is done if the patient has signs of heart failure. The available progress reports do not discuss the purpose of this request. However, given the patient's diagnoses of hypertension and hyperlipidemia, these biochemical tests appear reasonable. Hence, the request IS medically necessary.