

<b>Case Number:</b>	CM15-0007459		
<b>Date Assigned:</b>	01/22/2015	<b>Date of Injury:</b>	11/01/2007
<b>Decision Date:</b>	03/31/2015	<b>UR Denial Date:</b>	01/07/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	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: New Jersey, Michigan, California  
 Certification(s)/Specialty: Neurology, Neuromuscular 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, who sustained an industrial injury on 11/1/2007. The diagnoses have included lumbar radiculopathy, lumbar degenerative disc disease, cervicgia and cervical spondylosis. Treatment to date has included physical therapy and medication. According to the Primary Treating Physician's Progress Report dated 12/23/2014, the injured worker had a chief complaint of neck and arm pain. She presented with cervical pain as well as pain and spasm radiating to her left shoulder with left-sided radiculopathy. Cervical magnetic resonance imaging (MRI) from 11/2014 showed moderate degenerative changes at C5-7. The injured worker also reported pressure headaches and intermittent vertigo-like symptoms when moving her neck or lying down. The injured worker reported average pain without medications was 8/10, with medications 4-6/10. The medications were noted to allow for increased mobility and tolerance of activities of daily living and home exercise. Current medications included Norco, Soma and Prilosec. Physical exam of the cervical spine revealed diminished range of motion with pain at end range in all directions. There was tenderness over C5, C6 and C7 facets on the right. Lumbar exam revealed positive sitting straight leg raise bilaterally. Gait was antalgic. Urine drug toxicology was noted to be appropriate. Authorization was requested for Norco. On 1/7/2015, Utilization Review (UR) modified a request for Norco 10/325mg one by mouth four times a day as needed #120 to Norco 10/325mg #60. The Medical Treatment Utilization Schedule (MTUS) was cited.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Norco 10/325mg #120:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Criteria for use of opioids Page(s): 76-79.

**Decision rationale:** According to MTUS guidelines, Norco (Hydrocodone/Acetaminophen) is a synthetic opioid indicated for the pain management but not recommended as a first line oral analgesic. In addition and according to MTUS guidelines, ongoing use of opioids should follow specific rules:<(a) Prescriptions from a single practitioner taken as directed, and all prescriptions from a single pharmacy.(b) The lowest possible dose should be prescribed to improve pain and function.(c) Office: Ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects.Four domains have been proposed as most relevant for ongoing monitoring of chronic pain patients on opioids: pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or non adherent) drug-related behaviors. These domains have been summarized as the "4 A's" (analgesia, activities of daily living, adverse side effects, and aberrant drug taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework.>According to the patient file, there is no objective documentation of pain and functional improvement to justify continuous use of Norco. Norco was used for longtime without documentation of functional improvement or evidence of improvement of activity of daily living. Therefore, the prescription of Norco 10/325mg #120 is not medically necessary.