

Case Number:	CM15-0102071		
Date Assigned:	06/04/2015	Date of Injury:	09/07/2010
Decision Date:	07/13/2015	UR Denial Date:	05/07/2015
Priority:	Standard	Application Received:	05/27/2015

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, Arizona, Maryland
 Certification(s)/Specialty: Psychiatry

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 31 year old male, who sustained an industrial injury on 9/7/2010. He reported injury from chemical exposure. The injured worker was diagnosed as having major depression, generalized anxiety, post-traumatic stress disorder, panic disorder with agoraphobia and dementia. There is no record of a recent diagnostic study. Treatment to date has included therapy and medication management. In progress notes dated 1/21/2015 and 2/18/2015, the injured worker complains of frontal headaches, difficulty sleeping and episodic issues with panic attacks. The treating physician is requesting Enlyte 16 mg #30.

IMR ISSUES, DECISIONS AND RATIONALES

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

Enlyte 16mg #30: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://dailymed.nlm.nih.gov/dailymed/drugInfo.cfm?setid=e83b2dd3-a9a0-40bc-ade4-6cd4db433b06>.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness&

Stress B vitamins for depression (vitamin B6, folic acid/folate, vitamin B12): Chapter:
Chronic PainTopic: Medical foods.

Decision rationale: Enlyte is a natural, pure prescription multivitamin that contains DeltaFolate™ (L-methylfolate, folinic acid, and folic acid) and relieves the symptoms of mild, moderate, and severe depression. It works effectively both on its own and in addition to antidepressant medications. Recommended as an option for special populations for long-term management of depression as an adjunct to antidepressant therapy, in particular if there is a deficiency. One theory for the potential benefit is that high plasma homocysteine has been consistently associated with depression, and treatment with certain B vitamins reduces its concentration. Enlyte is a medical food and does not have any evidence based use in the treatment of major depressive disorder. The request for Enlyte 16mg #30 is excessive and not medically necessary.