

Case Number:	CM15-0102880		
Date Assigned:	06/05/2015	Date of Injury:	08/27/2014
Decision Date:	07/10/2015	UR Denial Date:	05/19/2015
Priority:	Standard	Application Received:	05/28/2015

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: Texas, New York, California

Certification(s)/Specialty: Preventive Medicine, Occupational 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:

In a Utilization Review report dated May 19, 2015, the claims administrator denied a pain book Pain Survival Guide. A RFA form dated May 11, 2015 was referenced in the determination, along with a progress note dated April 30, 2015. The rationale invoked to deny the book was sparse. The applicant's attorney subsequently appealed via a letter dated May 28, 2015. On May 12, 2015, the applicant reported ongoing complaints of moderate-to-severe shoulder pain. Ancillary complaints of foot pain were reported. The applicant was placed off of work, on total temporary disability. Oral diclofenac, Prilosec, and Zofran were endorsed while the applicant was kept off of work. Shoulder surgery was pending, it was reported. In a May 12, 2015 progress note, the applicant's pain management physician noted that the applicant had various and sundry chronic pain complaints, in addition to poor coping skills, depression, and anxiety. The attending provider suggested that the applicant employ gabapentin, Effexor, and melatonin for pain, depression, and anxiety. Psychotherapy referral was endorsed, along with the chronic pain workbook at issue. The attending provider posited that the chronic pain workbook was intended to ameliorate the applicant's pain coping skills.

IMR ISSUES, DECISIONS AND RATIONALES

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

One (1) pain book pain survival guide: Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.apa.org/pubs/books/4441007.aspx>.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Education Page(s): 44. Decision based on Non-MTUS Citation <http://www.apa.org/pubs/books/4441007.aspx>The Pain Survival Guide: How to Reclaim Your Life By Dennis W. Turk, PhD, and Frits Winter, PhD.

Decision rationale: Yes, the request for a pain book Pain Survival Guide was medically necessary, medically appropriate, and indicated here. As noted on page 44 of the MTUS Chronic Pain Medical Treatment Guidelines, education of the applicant and family should be the "primary emphasis" in the treatment of chronic pain. Page 44 of the MTUS Chronic Pain Medical Treatment Guidelines stipulates that an education-based paradigm should always start with inexpensive communication providing reassuring information to the applicant. The Pain Survival Guide book at issue, per the American Psychological Association (APA), represents an inexpensive 205-page book intended to furnish exercises, behavioral logs, and the like intended to ameliorate an applicant's ability to cope with chronic pain. Here, the requesting provider did suggest that the applicant needed to improve his coping skills and improve his overall ability to deal with depressive symptoms, anxiety, and chronic pain. Provision of the Pain Survival Guide book at issue, thus, was indicated. Therefore, the request was medically necessary.