

<b>Case Number:</b>	CM15-0103525		
<b>Date Assigned:</b>	06/08/2015	<b>Date of Injury:</b>	04/20/2007
<b>Decision Date:</b>	07/13/2015	<b>UR Denial Date:</b>	05/01/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/29/2015

### 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 71 year old male who sustained an industrial injury on 04/20/2007. Current diagnoses include sprain/strain of the cervical spine with bulging discs and impingement syndrome with acromioclavicular joint arthritis, right shoulder. Previous treatments included medications and home exercise program. Report dated 04/14/2015 noted that the injured worker presented with complaints that included right shoulder pain and stiffness, and neck pain. Pain level was 5-6 out of 10 (right shoulder) and 5 out of 10 (neck) on a visual analog scale (VAS). It was noted that the injured worker continues to work, and takes one Norco per day for pain and one to two Anaprox per day for inflammation. Functional improvement was noted as well as improvement in pain with current medication regimen, with a pain level of 2-3 out of 10. Physical examination was positive for tenderness over the posterior cervical paraspinal and right upper trapezius muscles, muscle spasms and trigger points were noted, and decreased range of motion in the cervical spine and right shoulder. The treatment plan included a prescription for Anaprox, continue home exercise program, request for a urine drug screen, and re-evaluation in three months. Disputed treatments include a urine drug screen and Anaprox.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Urine drug screen:** Overturned

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official disability guidelines Pain chapter, Urine drug testing.

**Decision rationale:** The patient was injured on 04/20/07 and presents with neck pain and right shoulder pain/stiffness. The request is for a urine drug screen. There is no RFA provided and the patient is currently working. There are no recent urine drug screens provided for review. While MTUS Guidelines do not specifically address how frequently UDS should be obtained for various risks of opiate users, ODG Guidelines provide clear documentation. They recommend once yearly urine drug screen following initial screening with the first 6 months for management of chronic opiate use in low-risk patients. The patient is diagnosed with sprain/strain of the cervical spine with bulging discs and impingement syndrome with acromioclavicular joint arthritis, right shoulder. The reason for the request is not provided. As of 04/14/15, the patient is taking Norco, Anaprox, and Zanaflex. There are no prior urine drug screens provided for review, nor has the treater documented that the patient is at "high risk" for adverse outcomes, or has active substance abuse disorder. There is no discussion regarding this patient being at risk for any aberrant behaviors. However, the patient is currently on Norco. Monitoring of the opiate with once yearly UDS is recommended per guidelines. Therefore, the requested urine drug screen is medically necessary.

**Anaprox 550 mg #60 with 2 refills:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Anti-inflammatory medications for chronic pain Page(s): 22, 60.

**Decision rationale:** The patient was injured on 04/20/07 and presents with neck pain and right shoulder pain/stiffness. The request is for Anaprox 550 mg #60 with 2 refills. There is no RFA provided and the patient is currently working. MTUS Guidelines on anti-inflammatory page 22 states, "Anti-inflammatories are the traditional first line of treatment to reduce pain, so activity and functional restoration can resume, but long-term use may not be warranted." The reason for the request is not provided. The patient has tenderness over the right posterior cervical paraspinal and right upper trapezius musculature, where muscle spasms and trigger points are noted. He has a limited cervical spine range of motion, tenderness over the anterior capsule of the right shoulder, and a limited shoulder range of motion. The 04/14/15 report states that the patient "reports functional improvement and improvement in pain with his current medication regimen." With medications, he rates his pain as a 2-3/10 and without medications, he rates it as a 7-8/10. The treater does not specifically discuss efficacy of Anaprox on any of the reports provided. MTUS Guidelines page 60 states that when medications are used for chronic pain, recording of pain and function needs to be provided. Due to lack of documentation, the requested Anaprox is not medically necessary.