

<b>Case Number:</b>	CM15-0103654		
<b>Date Assigned:</b>	06/08/2015	<b>Date of Injury:</b>	07/16/2001
<b>Decision Date:</b>	07/07/2015	<b>UR Denial Date:</b>	05/02/2015
<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: New Jersey, Alabama, 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 66 year old male who sustained an industrial injury on 07/16/2001. The injured worker was diagnosed with chronic pain syndrome, right cubital tunnel syndrome, left carpal tunnel syndrome, cervical spine pain and depression. The injured worker underwent a right carpal tunnel release and left eye orbital fracture repair (no dates documented). Treatment to date includes magnetic resonance imaging (MRI) left wrist in February 2015, electro-diagnostic studies in February 2015, neurology consultation, psychiatric evaluation and treatment, physical therapy and medications. According to the primary treating physician's progress report on April 8, 2015, the injured worker continues to experience persistent pain and numbness in the left hand and neck pain. Examination of the cervical spine demonstrated pain with range of motion. The bilateral elbow examination reveals a positive right elbow flexion test and negative Tinel's. There was tenderness over the dorsal and volar aspects of the left wrist. Positive Phalen's and Durkan's median compression tests were noted bilaterally. Decreased sensory loss to light touch was documented in the left median nerve distribution without dermatomal defects to pinprick bilaterally. According to a progress report on April 14, 2015, the injured worker continued to feel stressed, depressed and not sleeping well. The injured worker had stopped taking Zolpidem and Lorazepam due to a change of physicians and miscommunication. The injured worker was encouraged to restart these medications. Current medications are listed as Hydrocodone, Carisoprodol, Zolpidem, Lorazepam, Clonazepam, Viibryd, Meclizine, Omeprazole and topical analgesics. Treatment plan consists of cervical spine

magnetic resonance imaging (MRI), carpal tunnel release surgery and the current request for Lorazepam.

### **IMR ISSUES, DECISIONS AND RATIONALES**

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

**1 prescription of Lorazepam 1mg, #60:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepines Page(s): 24.

**Decision rationale:** According to MTUS guidelines, benzodiazepines are not recommended for long-term use for pain management because of unproven long-term efficacy and because of the risk of dependence. Most guidelines limit their use to 4 weeks. There is no recent documentation of insomnia related to pain in this case. There is no recent documentation of anxiety or depression in this case which could be managed with antidepressant. Therefore, the use of 1 prescription of Lorazepam 1mg, #60 is not medically necessary.