

<b>Case Number:</b>	CM15-0103773		
<b>Date Assigned:</b>	06/08/2015	<b>Date of Injury:</b>	04/14/2006
<b>Decision Date:</b>	07/07/2015	<b>UR Denial Date:</b>	05/22/2015
<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 51 year old female, who sustained an industrial injury on April 14, 2006 while working as an office manager. The injury occurred when the injured worker lifted boxes of files. The injured worker has been treated for bilateral wrist complaints. The diagnoses have included carpal tunnel syndrome, complex regional pain syndrome, right wrist joint pain and chronic pain syndrome. Treatment to date has included medications, radiological studies, nerve blocks, electrodiagnostic studies, pain management, psychological evaluations, a transcutaneous electrical nerve stimulation unit, wrist brace and bilateral hand surgery. Current documentation dated May 8, 2015 notes that the injured worker reported bilateral wrist and hand discomfort rated a six out of ten on the visual analogue scale with medications. Objective findings include extra spinal restrictions/subluxations of the bilateral wrists and hands. Moderate spasms were also noted in the bilateral anterior and posterior wrists and hands. Range of motion of the left wrist was restricted with flexion. The right wrist was noted to be weaker than left. The treating physician's plan of care included a request for the medication Tramadol 50 mg # 90.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Tramadol 50mg #90:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Criteria for use of opioids.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids, page(s) 74-96.

**Decision rationale:** Per the MTUS Guidelines cited, opioid use in the setting of chronic, non-malignant, or neuropathic pain is controversial. Patients on opioids should be routinely monitored for signs of impairment and use of opioids in patients with chronic pain should be reserved for those with improved functional outcomes attributable to their use, in the context of an overall approach to pain management that also includes non-opioid analgesics, adjuvant therapies, psychological support, and active treatments (e.g., exercise). Submitted documents show no evidence that the treating physician is prescribing opioids in accordance to change in pain relief, functional goals with demonstrated improvement in daily activities, decreased in medical utilization or change in functional status. There is no evidence presented of random drug testing or utilization of pain contract to adequately monitor for narcotic safety, efficacy, and compliance. The MTUS provides requirements of the treating physician to assess and document for functional improvement with treatment intervention and maintenance of function that would otherwise deteriorate if not supported. From the submitted reports, there is no demonstrated evidence of specific functional benefit derived from the continuing use of opioids with persistent severe pain for this chronic injury without acute flare, new injury, or progressive deterioration. The Tramadol 50mg #90 is not medically necessary or appropriate.