

<b>Case Number:</b>	CM15-0105093		
<b>Date Assigned:</b>	06/09/2015	<b>Date of Injury:</b>	07/27/1997
<b>Decision Date:</b>	07/10/2015	<b>UR Denial Date:</b>	05/26/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/01/2015

### 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: Emergency 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 68 year old female, who sustained an industrial injury on 07/27/1997. On most recent provider visit dated 04/23/2015 the injured worker has reported pain, described as aching and burning. On examination of the cervical spine revealed tenderness and palpation over the cervical facet joints on the right side more than the left. Primarily at the more superior cervical facet joints particularly with C2-C3 and C3-C4. Positive facet loading signs bilaterally, which are concordant with her baseline pain complaints. Tenderness to palpation in the trapezius and right cervical musculature, greater than the left. Right trapezius muscles were consistent with trigger point. Range of motion was full with slight pain at the end of range of motion. Knee exam revealed no effusion, no rash, and no tenderness to palpation, mild discomfort with end range of motion in both knees. The diagnoses have included cervical facet syndrome, bilateral knee osteoarthritis, cervical myofascial pain and right sided trapezius trigger points. Treatment to date has included chiropractic, physical therapy, acupuncture, TENS units and medication management. On another visit, the provider requested Esomepra mag cap 40mg and Voltaren Gel 1%.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Esomepra mag cap 40mg #30 no refills: Upheld**

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk, pages 68-69 Page(s): 68-69.

**Decision rationale:** The requested Esomepra mag cap 40mg #30 no refills, is not medically necessary. California's Division of Workers' Compensation Medical Treatment Utilization Schedule 2009, Chronic Pain Medical Treatment Guidelines, NSAIDs, GI symptoms & cardiovascular risk, Pages 68-69, note that "Clinicians should weigh the indications for NSAIDs against both GI and cardiovascular risk factors. Determine if the patient is at risk for gastrointestinal events: (1) age > 65 years; (2) history of peptic ulcer, GI bleeding or perforation; (3) concurrent use of ASA, corticosteroids, and/or an anticoagulant; or (4) high dose/multiple NSAID (e.g., NSAID + low-dose ASA)" and recommend proton-pump inhibitors for patients taking NSAID's with documented GI distress symptoms and/or the above-referenced GI risk factors. The injured worker has pain, described as aching and burning. On examination of the cervical spine revealed tenderness and palpation over the cervical facet joints on the right side more than the left. Primarily at the more superior cervical facet joints particularly with C2-C3 and C3-C4. Positive facet lading signs bilaterally, which are concordant with her baseline pain complaints. Tenderness to palpation in the trapezius and right cervical musculature, greater than the left. Right trapezius muscles were consistent with trigger point. Range of motion was full with slight pain at the end of range of motion. Knee exam revealed no effusion, no rash, and no tenderness to palpation, mild discomfort with end range of motion in both knees. The treating physician has not documented medication-induced GI complaints nor GI risk factors, nor objective evidence of derived functional improvement from previous use. The criteria noted above not having been met, Esomepra mag cap 40mg #30 no refills is not medically necessary.

**Voltaren gel 1% qty 100 with no refills:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics, Non-steroidal anti-inflammatory agents, Page 111-112; Non-steroidal anti-inflammatory medications, GI symptoms and cardiovascular risk Page(s): 111-112, 68-69.

**Decision rationale:** The requested Voltaren gel 1% qty 100 with no refills, is not medically necessary. CA MTUS Chronic Pain Treatment Guidelines, Topical Analgesics, Non-steroidal anti-inflammatory agents, Page 111-112, recommend topical analgesics with documented osteoarthritis with intolerance to oral anti-inflammatory agents; Non-steroidal anti-inflammatory medications, GI symptoms and cardiovascular risk, Page 68-69, note that all NSAID s have the potential to raise blood pressure in susceptible patients. The injured worker has pain, described as aching and burning. On examination of the cervical spine revealed tenderness and palpation over the cervical facet joints on the right side more than the left. Primarily at the more superior cervical facet joints particularly with C2-C3 and C3-C4. Positive facet lading signs bilaterally,

which are concordant with her baseline pain complaints. Tenderness to palpation in the trapezius and right cervical musculature, greater than the left. Right trapezius muscles were consistent with trigger point. Range of motion was full with slight pain at the end of range of motion. Knee exam revealed no effusion, no rash, and no tenderness to palpation, mild discomfort with end range of motion in both knees. The treating physician has not documented the patient's intolerance of these or similar medications to be taken on an oral basis, nor objective evidence of functional improvement from any previous use. The criteria noted above not having been met, Voltaren gel 1% qty 100 with no refills is not medically necessary.