

Case Number:	CM15-0133868		
Date Assigned:	07/22/2015	Date of Injury:	06/24/2011
Decision Date:	08/18/2015	UR Denial Date:	06/05/2015
Priority:	Standard	Application Received:	07/10/2015

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 York
 Certification(s)/Specialty: Podiatrist

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 49 year old female, who sustained an industrial injury on 6/24/2011. Diagnoses include onychia, metatarsalgia and ganglion cyst. Treatment to date has included orthotics and extra depth shoes. Per the Primary Treating Physician's Progress Report dated 5/27/2015, the injured worker reported pain to the top of her right foot. Physical examination revealed pain on palpation to the top of the right foot. Left Hallux nail bed shows questionable nail regrowth. There was mild fluctuance to the dorsum of the right foot between the first and second metatarsal consistent with ganglionic cyst. The plan of care included extra depth shoes, LidoPro cream and excision of ganglion cyst. Authorization was requested for surgical excision of a ganglion cyst on the right foot and LidoPro cream.

IMR ISSUES, DECISIONS AND RATIONALES

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

Topical Lidopro cream 4oz tube #2: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-112.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines topical analgesics Page(s): 111-112.

Decision rationale: According to the enclosed information this patient had a work injury in June 2011. On 1/22/2015 the patient presented back to her podiatrist complaining of right foot pain. Pain was noted to the dorsum of the right foot. Physical exam revealed a developing ganglionic cyst between the first and second metatarsal right side. It is noted that patient is wearing orthotics and extra depth shoes. Physical exam reveals mild fluccuance between the first and second metatarsal right side. Recommendation of aspiration of ganglion cyst with possible injection of steroid. On 4/29/2015 patient presented back to her podiatrist with continued right foot pain and states that she feels that the mass is getting larger. During this visit patient was prescribed a new pair of extra depth shoes and excision of ganglion cyst was recommended. Patient has mentioned numerous times throughout her visits with her podiatrist that the ganglion cyst is painful and months when she was uncomfortable. On 7/21/2015 patient continues to complain of dorsum right foot pain due to the ganglion cysts. She has attempted extra shoes with a modicum of relief. Patient advises her podiatrist at this visit that the request for surgical excision of ganglion cyst has been denied. Lidopro topical contains lidocaine and capsaicin. The MTUS guidelines state that the use of topical analgesics is largely experimental in use with few randomized controlled trials to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anti-convulsants have failed. This patient is not diagnosed with neuropathic pain and therefore does not meet the MTUS guidelines for the use of topical analgesics. The request is not medically necessary.

Surgery excision of ganglion cyst on the right foot: 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), Ankle & Foot, Ganglion cyst removal.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) ankle and foot, ganglion cyst removal.

Decision rationale: According to the enclosed information this patient had a work injury in June 2011. On 1/22/2015 the patient presented back to her podiatrist complaining of right foot pain. Pain was noted to the dorsum of the right foot. Physical exam revealed a developing ganglionic cyst between the first and second metatarsal right side. It is noted that patient is wearing orthotics and extra depth shoes. Physical exam reveals mild fluccuance between the first and second metatarsal right side. Recommendation of aspiration of ganglion cyst with possible injection of steroid. On 4/29/2015 patient presented back to her podiatrist with continued right foot pain and states that she feels that the mass is getting larger. During this visit patient was prescribed a new pair of extra depth shoes and excision of ganglion cyst was recommended. Patient has mentioned numerous times throughout her visits with her podiatrist that the ganglion cyst is painful and months when she was uncomfortable. On 7/21/2015 patient continues to complain of dorsum right foot pain due to the ganglion cysts. She has attempted extra that shoes with a modicum of relief. Patient advises her podiatrist at this visit that the request for surgical excision of ganglion

cyst has been denied. ODG guidelines, ankle and foot, ganglion cyst removal, recommends that ganglion cyst removal is recommended if the ganglion cyst is painful, ganglion cyst is pushing directly on a nerve and can cause nerve damage, or the ganglionic cyst is large enough that it makes it difficult to wear shoes. After review of patient's complaints in the physical exams noted in the enclosed progress notes, I feel that this patient is a good candidate for ganglion cyst removal and certainly meets the guidelines for ganglion cyst removal. Patient has complained numerous times that it is difficult to wear shoes and that the ganglion cyst is painful. The request is medically necessary.