MAXIMUS Federal Services

Case Number:	CM15-0136026		
Date Assigned:	07/24/2015	Date of Injury:	12/12/2006
Decision Date:	09/22/2015	UR Denial Date:	07/08/2015
Priority:	Standard	Application Received:	07/14/2015

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: Massachusetts
Certification(s)/Specialty: Anesthesiology, Pain Management

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 48 year old female, who sustained an industrial injury on December 12, 2006. The injured worker was diagnosed as having lumbar discopathy with disc displacement, lumbar radiculopathy, right sacroiliac arthropathy, and status post lumbar fusion. Treatments and evaluations to date have included MRI, CT scan, lumbar fusions, and medication. Currently, the injured worker complains of residual pain over the right sacroiliac joint with swelling status post two lumbar fusions. The Primary Treating Physician's report dated June 19, 2015, noted the injured worker reported falling when coming out of the shower, aggravating her back pain. The injured worker reported taking her medications for symptomatic relief of pain, however the medications did not completely alleviate the pain but rather makes her pain at least tolerable. The injured worker's medications included Nalfon, Paxil, Prilosec, Ultram ER, Morphine Sulfate, and Norco. Physical examination was noted to show tenderness to palpation over the right sacroiliac joint with muscle spasms, decreased lumbar spine range of motion (ROM) secondary to pain and stiffness, and positive Fabere's and Patrick's tests. Straight leg raise was noted to be positive at 20 degrees in the bilateral lower extremities, with diminished sensation to light touch and pinprick at the right S1 dermatomal distribution. The treatment plan was noted to include instructions to the injured worker to continue to take her medications and apply the compound creams to the affected areas for symptomatic pain relief, with prescriptions for Nalfon, Paxil, Prilosec, Ultram ER, Morphine Sulfate, Norco, and Soma, a request for a MRI scan of the brain to verify if the injured worker suffered a mild stroke as reported from her emergency room visit several months previously, a request for continued referral for pain management, a request for x- rays of the lumbar spine, and a request for authorization for urine

toxicology testing in 60 to 90 days. The injured worker was instructed to remain off work.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ultram ER (extended release) 150 mg daily, Qty 90: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Tramadol (Ultram ER); Opioids Page(s): 113.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-97.

Decision rationale: According to the MTUS Chronic Pain Medical Treatment Guidelines section on Opioids, On-Going Management, p 74-97, (a) Prescriptions from a single practitioner taken as directed, and all prescriptions from a single pharmacy. (b) The lowest possible dose should be prescribed to improve pain and function. (c) Office: Ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Pain assessment should include: current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. Satisfactory response to treatment may be indicated by the injured worker's decreased pain, increased level of function, or improved quality of life. Information from family members or other caregivers should be considered in determining the injured worker's response to treatment. The 4 A's for Ongoing Monitoring: Four domains have been proposed as most relevant for ongoing monitoring of chronic pain injured workers on opioids: pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or non-adherent) drug-related behaviors. These domains have been summarized as the "4 A's" (analgesia, activities of daily living, adverse side effects, and aberrant drug taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework for documentation of the clinical use of these controlled drugs. (Passik, 2000) (d) Home: To aid in pain and functioning assessment, the injured worker should be requested to keep a pain dairy that includes entries such as pain triggers, and incidence of end-of-dose pain. It should be emphasized that using this diary will help in tailoring the opioid dose. This should not be a requirement for pain management. (e) Use of drug screening or in injured worker treatment with issues of abuse, addiction, or poor pain control. (f) Documentation of misuse of medications (doctor-shopping, uncontrolled drug escalation, drug diversion). (g) Continuing review of overall situation with regard to non-opioid means of pain control. (h) Consideration of a consultation with a multidisciplinary pain clinic if doses of opioids are required beyond what is usually required for the condition or pain does not improve on opioids in 3 months. Consider a psych consult if there is evidence of depression, anxiety or irritability. Additionally, the MTUS states that continued use of opioids requires: (a) the injured worker has returned to work, (b) the injured worker has improved functioning and pain. There is no current documentation of baseline pain, pain score with use of opioids, functional improvement on current regimen, side effects or review of potentially aberrant drug taking behaviors as outlined

in the MTUS and as required for ongoing treatment. Therefore, at this time, the requirements for treatment have not been met and the request is not medically necessary.