

Case Number:	CM15-0138221		
Date Assigned:	07/28/2015	Date of Injury:	01/14/2014
Decision Date:	08/31/2015	UR Denial Date:	07/08/2015
Priority:	Standard	Application Received:	07/16/2015

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: Texas, California

Certification(s)/Specialty: Family Practice

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

This is a 47 year old male patient who sustained an industrial injury on 1/14/14. He sustained the injury while bending metal at work. He subsequently reported abdominal pain. Diagnoses include cervical sprain, thoracic sprain and status post ventral hernia repair. Per the doctor's note dated 6/17/2015, he had complaints of abdominal pain as well as neck pain that radiates into the mid to lower back. The physical examination revealed tenderness in the cervical spine and on the right medial border of the right scapular area, normal range of motion without pain, well healed surgical scar superior and inferior to the umbilicus. The medications list includes Motrin, Tramadol, Flexeril and Exoten-C lotion. He has undergone ventral hernia repair in 2014 and gall bladder removal. Other therapy done for this injury was not specified in the records provided. A request for Exoten-C lotion 120gm (methyl salicylate 20%, menthol 10% , capsaicin 0.0002%) was made by the treating physician.

IMR ISSUES, DECISIONS AND RATIONALES

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

Exoten - C lotion 120gm (methyl salicylate 20%, menthol 10% , capsaicin 0.0002%):

Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113.

Decision rationale: Exoten-C lotion 120gm (methyl salicylate 20%, menthol 10% , capsaicin 0.0002%). Exoten-C is a topical analgesic consisting of Methyl salicylate, Menthol, Capsaicin. MTUS Chronic Pain Guidelines regarding topical analgesics 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 anticonvulsants have failed. There is little to no research to support the use of many of these agents." "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." "Topical NSAIDs- There is little evidence to utilize topical NSAIDs for treatment of osteoarthritis of the spine, hip or shoulder. Neuropathic pain: Not recommended as there is no evidence to support use." "Capsaicin: Recommended only as an option in patients who have not responded or are intolerant to other treatments." Consistent objective evidence of neuropathic pain was not specified in the records provided. Failure of antidepressants or anticonvulsant is not specified in the records provided. Any intolerance or lack of response to oral medications is not specified. Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended. There is no high grade clinical evidence to support the effectiveness of topical menthol in lotion form. The medical necessity of Exoten-C lotion 120gm (methyl salicylate 20%, menthol 10% , capsaicin 0.0002%) is not fully established for this patient at this juncture.