

<b>Case Number:</b>	CM15-0141688		
<b>Date Assigned:</b>	07/31/2015	<b>Date of Injury:</b>	03/20/2014
<b>Decision Date:</b>	08/28/2015	<b>UR Denial Date:</b>	07/08/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/22/2015

### 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, Indiana, New York  
 Certification(s)/Specialty: Internal 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(n) 61 year old male, who sustained an industrial injury on 3-20-14. He reported pain in his lower back and right knee. The injured worker was diagnosed as having lumbago, right knee sprain, lumbar strain and pain in joint lower leg. Treatment to date has included a right knee brace, a right knee MRI on 1-30-15 showing a medial meniscus tear, Tramadol, Tylenol #3 and a topical cream. As of the PR2 dated 6-29-15, the injured worker reports continued lower back and right knee pain. He rates his pain an 8 out of 10. Objective findings include decreased lumbar range of motion, decreased right knee range of motion and pain at the joint lines medial and lateral. The treating physician recommended blood work to monitor the injured worker's medication. The treating physician requested a CBC.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lab Work: CBC:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines History and physical assessment Page(s): 5-6.

**Decision rationale:** Pursuant to the Chronic Pain Medical Treatment Guidelines, lab work, CBC is not medically necessary. Thorough history taking is always important in the clinical assessment and treatment planning for the patient with chronic pain and includes a review of medical records. Clinical recovery may be dependent on identifying and addressing previously unknown or undocumented medical or psychosocial issues. A thorough physical examination is also important to establish/confirm diagnoses and observe/understand pain behavior. The history and physical examination serves to establish reassurance and patient confidence. Diagnostic studies should be ordered in this context and community is not simply for screening purposes. In this case, the injured worker's working diagnoses are sprain strain right knee; sprain strain lumbar region; pain in joint lower leg; and lumbago. The injury is March 20, 2014. The request authorization is June 30, 2015. According to a June 29, 2015 progress note, the injured worker subjectively complains of low back pain and right knee pain with pain scale of 8/10. Medications include tramadol. Objectively, the worker walks with a limp and has tenderness to palpation over the lumbar spine paraspinal muscle groups. The treating provider is requesting renal function tests and liver function tests. However, there is no clear-cut indication or rationale for complete blood count. Consequently, absent clinical documentation with a clinical indication and rationale for complete blood count, lab work, CBC is not medically necessary.