MAXIMUS Federal Services

Case Number:	CM15-0144496		
Date Assigned:	08/05/2015	Date of Injury:	07/02/2014
Decision Date:	09/02/2015	UR Denial Date:	06/25/2015
Priority:	Standard	Application Received:	07/27/2015

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: North Carolina
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:

The injured worker is a 28 year old female who sustained an industrial injury on 07-02-2014. Mechanism of injury occurred when she was walking very fast and felt a sharp pain to her right knee. Diagnoses include possible subluxation if the right patella, rule out meniscus tear, right knee patellar chondromalacia. Treatment to date has included diagnostic studies, medications, physical therapy, and a knee brace. Her medications include Ibuprofen, Prilosec and topical creams for pain. On 02-24-2015, x-rays of the right knee were unremarkable. A physician progress note dated 05-15-2015 documents the injured worker complains of knee pain and was told she will need surgery. She has right knee joint line pain, painful ambulation with objective findings of tenderness, stiffness and decreased range of motion. There is documentation that a Magnetic Resonance Imaging of the right knee was abnormal revealing bipartite patella, increased signal intensity in the posterior horn of the medial meniscus most consistent with intrasubstance degeneration. Tear is not entirely excluded. Several documents within the submitted medical records are difficult to decipher. Treatment requested is for Retrospective request for compound medication: Flurbiprofen/Gabapentin/ Lidocaine/ Cyclobenzaprine DOS 05/10/2015.

IMR ISSUES, DECISIONS AND RATIONALES

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

Retrospective request for compound medication: Flurbiprofen/Gabapentin/ Lidocaine/ Cyclobenzaprine DOS 05/10/2015: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Topical creams Page(s): 112,121-122.

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

Decision rationale: The California chronic pain medical treatment guidelines section on topical analgesics states: Recommended as an option as indicated below. 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. (Namaka, 2004) These agents are applied locally to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. (Colombo, 2006) Many agents are compounded as monotherapy or in combination for pain control (including NSAIDs, opioids, capsaicin, local anesthetics, antidepressants, glutamate receptor antagonists, adrenergic receptor agonist, adenosine, cannabinoids, cholinergic receptor agonists, agonists, prostanoids, bradykinin, adenosine triphosphate, biogenic amines, and nerve growth factor). (Argoff, 2006) 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. The requested medication contains ingredients (cyclobenzaprine), which are not indicated per the California MTUS for topical analgesic use. Therefore, the request is not medically necessary.