

Case Number:	CM15-0145089		
Date Assigned:	08/06/2015	Date of Injury:	06/01/2005
Decision Date:	09/18/2015	UR Denial Date:	07/01/2015
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: Maryland

Certification(s)/Specialty: Internal Medicine, Rheumatology

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 65-year-old female, who sustained an industrial injury on 6-1-2005. She reported cumulative trauma of the neck. The injured worker was diagnosed as having myofascial pain syndrome, failed neck surgery syndrome 5 level fusion fronts and back, cervicgia, and cervical spondylosis. Treatment to date has included medications, trigger point injections, and acupuncture. The request is for Lidocaine patches 5% #30. On 4-24-2015, she was last seen on 3-13-2015. She reported sharp neck pain. She was feeling better since a recent vacation. She reported Baclofen to help for only 1-2 hours. The treatment plan included: Lidocaine patches. There are no restrictions noted. On 5-8-2015, she reported continued neck pain that was unchanged. She stated that Celebrex, Lidoderm, and Flexeril have been helpful. She rated her pain 8 out of 10 and was there for another injection. She reported the previous injection to give her 30% pain relief lasting for 6 hours. She stopped taking Baclofen on her own indicating it caused her heart to pound. The treatment plan included continuation of Lidocaine patches. Disability status was indicated as no restrictions. On 5-22-2015, she reported upper back and neck pain rated 8 out of 10. She stated that medications were not helping to relief her pain. The treatment plan included: trigger point injections and continuation of Lidocaine patches. On 7-15- 2015, she reported continued neck pain despite surgeries. She admits to not keeping up with home stretching and exercising. She rated her pain as 3 out of 10. Disability status is noted as no restrictions.

IMR ISSUES, DECISIONS AND RATIONALES

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

Lidocaine patches 5% #30: 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.

Decision rationale: This 65 year old female has complained of neck pain since date of injury 6/1/2005. She has been treated with surgery, acupuncture, trigger point injections and medications. The current request is for Lidocaine patches. Per the MTUS guidelines cited above, the use of topical analgesics in the treatment of chronic pain is largely experimental, and when used, is primarily recommended for the treatment of neuropathic pain when trials of first line treatments such as anticonvulsants and antidepressants have failed. There is no such documentation in the available medical records. On the basis of the MTUS guidelines cited above, the request for Lidocaine patches is not indicated as medically necessary.