

<b>Case Number:</b>	CM15-0147036		
<b>Date Assigned:</b>	08/07/2015	<b>Date of Injury:</b>	01/14/1998
<b>Decision Date:</b>	09/04/2015	<b>UR Denial Date:</b>	07/21/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/28/2015

### 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

Certification(s)/Specialty: Physical Medicine & Rehabilitation, 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 66 year old female who sustained an industrial injury on 1-14-98. Hand written progress report dated 7-6-15 reports continued complaints of chronic pain, depression and parkinsonism. Went to a neurologist and was given wellbutrin. Anxiety and depression remain fairly well controlled. Beck depression inventory is 16 and anxiety is an 8. Diagnoses include: post traumatic stress syndrome. Plan of care includes: decrease paxil to 10 mg in the morning, add wellbutrin and continue other the same. Work status: retired.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Beck depression inventory 1 time every 4 weeks (months) qty: 4:** 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 X Psychological Evaluations Page(s): 100-101 of 127. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress, BDI ® - II (Beck Depression Inventory-2nd edition).

**Decision rationale:** Regarding the request for psychological testing, Chronic Pain Medical Treatment Guidelines state that psychological evaluations are recommended. ODG states that Beck Testing is recommended as a 1st line option psychological test in the assessment of chronic pain patients. Within the documentation available for review, there is no indication why a mental status examination, and questioning the patient would be insufficient to track any mental status changes with depression or anxiety. Serial use of psychometric testing is not generally supported by guidelines. In the absence of clarity regarding those issues, the currently requested psychological testing is not medically necessary.

**Beck anxiety inventory 1 time every 4 weeks (months) qty: 4:** 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 X Psychological Evaluations Page(s): 100-101 of 127. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress, BDI ® - II (Beck Depression Inventory-2nd edition).

**Decision rationale:** Regarding the request for psychological testing, Chronic Pain Medical Treatment Guidelines state that psychological evaluations are recommended. ODG states that Beck Testing is recommended as a 1st line option psychological test in the assessment of chronic pain patients. Within the documentation available for review, there is no indication why a mental status examination, and questioning the patient would be insufficient to track any mental status changes with depression or anxiety. Serial use of psychometric testing is not generally supported by guidelines. In the absence of clarity regarding those issues, the currently requested psychological testing is not medically necessary.