

<b>Case Number:</b>	CM15-0147165		
<b>Date Assigned:</b>	08/10/2015	<b>Date of Injury:</b>	04/20/2001
<b>Decision Date:</b>	09/08/2015	<b>UR Denial Date:</b>	07/13/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/13/2015

### 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: New Jersey, Alabama, California  
 Certification(s)/Specialty: Neurology, Neuromuscular 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 (IW) is a 48-year-old male who sustained an industrial injury on 04-20-2001. Diagnoses include status post lumbar spine surgery; cervicothoracic spine sprain, strain; bilateral shoulder pain; status post spinal cord stimulator implant; and depression, anxiety and insomnia. Treatment to date has included medications, spinal cord stimulator (SCS), psychiatry for medication management, activity modification and home exercise. According to the progress notes dated 5-14-2015, the IW reported he continues to have a lot of pain. He stated he was getting used to being alone since his wife died. He remained depressed, anxious and irritable, with ongoing pain. He complained of having a great deal of difficulty obtaining pain medications; he stated the Ultram was not working. The provider suggested he get a prescription for Norco from his physician. On examination, his mood was depressed and his affect was depressed. His medications included Lexapro and Wellbutrin for depression; Ativan for anxiety; Prilosec for gastrointestinal upset; and Tramadol for pain. The Agreed Medical Evaluation on 6-2-2013 listed "history of medication induced gastropathy" as one of the IW's diagnoses. A request was made for Omeprazole 20mg, #90.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Omeprazole 20mg #90:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk Page(s): 68.

**Decision rationale:** According to MTUS guidelines, Omeprazole is indicated when NSAID are used in patients with intermediate or high risk for gastrointestinal events. The risk for gastrointestinal events are: (1) age > 65 years; (2) history of peptic ulcer, GI bleeding or perforation; (3) concurrent use of ASA, corticosteroids, and/or an anticoagulant; or (4) high dose/multiple NSAID (e.g., NSAID + low-dose ASA). Recent studies tend to show that H. Pylori does not act synergistically with NSAIDS to develop gastroduodenal lesions. There is no documentation that the patient has GI issue that requires the use of Omeprazole. There is no documentation in the patient's chart supporting that he is at intermediate or high risk for developing gastrointestinal events. Therefore, the request for Omeprazole 20mg #90 is not medically necessary.