

<b>Case Number:</b>	CM15-0163559		
<b>Date Assigned:</b>	08/31/2015	<b>Date of Injury:</b>	07/02/2000
<b>Decision Date:</b>	10/06/2015	<b>UR Denial Date:</b>	08/10/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/20/2015

### 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, Arizona, Maryland  
 Certification(s)/Specialty: Psychiatry

### 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 64-year-old male who sustained an industrial injury on 7-2-00. An orthopedic evaluation, dated 9-23-04, indicates that the injured worker was injured as the result of an assault. He was informed that he had been "stabbed in the back". After being released from the hospital, he went back to the job site, even though he could not function to full capacity. The report indicates that his right arm was in a sling and he was "having a lot of pain in his right shoulder with movement". At some point, later, he pursued medical care with his private insurance. He continued to have "persistent problems with his right shoulder and right elbow, as well as the stab wound areas". An orthopedist obtained an MRI of the right shoulder. He was told he had tendinitis. Physical therapy was provided. He also had "epidural steroid injections" at some point, per the report. He was diagnosed with biceps tendinitis of the right shoulder and lateral epicondylitis of the right elbow. On 1-23-04, he "amended his application to include head-vertigo". The injured worker reported "continuous trauma from 1-7-02 to 3-18-02 to the back, right shoulder, right elbow, hands and psyche from moving boxes at work". The injured worker has been evaluated by psychiatry and a report dated 8-6-15, indicates diagnoses of major depressive disorder, generalized anxiety disorder with panic attacks and post-traumatic elements, and psychological factors affecting medical condition (stress-intensified headache, neck-shoulder-back muscle tension-pain, peptic acid reaction and abdominal pain and cramping). The report states, "The medications were essential in relieving his symptoms and maintaining his improvement without regression". It notes his medications as Lexapro, Neurontin, Xanax, and Ambien.

## IMR ISSUES, DECISIONS AND RATIONALES

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

**Citalopram 40mg:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental Illness & Stress Procedure Summary Online Version last updated 03/25/2015.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Stress & Mental Illness/ Antidepressants for treatment of MDD (major depressive disorder).

**Decision rationale:** ODG states "MDD (major depressive disorder) treatment, severe presentations. The American Psychiatric Association strongly recommends anti-depressant medications for severe presentations of MDD, unless electroconvulsive therapy (ECT) is being planned. (American Psychiatric Association, 2006). Many treatment plans start with a category of medication called selective serotonin reuptake inhibitors (SSRIs), because of demonstrated effectiveness and less severe side effects". The injured worker has been diagnosed with major depressive disorder, generalized anxiety disorder with panic attacks and post-traumatic elements, and psychological factors affecting medical condition (stress-intensified headache, neck-shoulder-back muscle tension-pain, peptic acid reaction and abdominal pain and cramping). Use of antidepressants (SSRI's) are clinically indicated for such diagnoses, however in the absence of evidence of objective functional improvement with Citalopram in this case, the medical necessity cannot be established. Also, the request does not indicate the quantity being requested for Thus, the request for Citalopram 40mg is not medically necessary.