

Case Number:	CM15-0164735		
Date Assigned:	09/02/2015	Date of Injury:	08/14/2013
Decision Date:	10/07/2015	UR Denial Date:	07/30/2015
Priority:	Standard	Application Received:	08/21/2015

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:

This injured worker is a 43 year old female who reported an industrial injury on 8-14-2013. Her diagnoses, and or impression, were noted to include: anxiety disorder and insomnia. No current imaging studies were noted. Her treatments were noted to include: a psychiatric qualified medical evaluation on 12-8-2014; psychiatric evaluations and treatments; medication management; and a return to full work duties. The progress notes of 6-1-2015 reported difficulty sleeping and controlling her emotions; feeling tired, nervous, fearful, restless and anxious; the lacking of energy with heart palpitations; flashbacks and a fear of the worst happening; and that she experienced headaches and sweaty palms. Objective findings were noted to include that she appeared sad and anxious, was overly-talkative, and was with body tension. The physician's requested treatments were noted to include continued psychiatric evaluation sessions.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychiatrist Evaluation Continue (Sessions) Qty 16: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness & Stress/Office visits.

Decision rationale: ODG states "Office visits are recommended as determined to be medically necessary. The need for clinical office visit with a health care provider is individualized based upon the review of patient concerns, signs, symptoms, clinical stability and reasonable physician judgment. The determination is also based on what medications the patient is taking, since some medications such as opiates, or medicines such as certain antibiotics, require close monitoring. As patient conditions are extremely varied, a set number of office visits per condition cannot be reasonably established. The determination of necessity for an office visit requires individualized case review and assessment, being ever mindful that the best patient outcomes are achieved with eventual patient independence from health care system through self care as soon as clinically feasible". The injured worker has been diagnosed with anxiety disorder and insomnia. She is not on any medications that would require close monitoring needing sixteen more office visits. Thus, the request for Psychiatrist Evaluation Continue (Sessions) Qty 16 is excessive and is not medically necessary.