

<b>Case Number:</b>	CM15-0166071		
<b>Date Assigned:</b>	09/03/2015	<b>Date of Injury:</b>	04/11/2005
<b>Decision Date:</b>	10/09/2015	<b>UR Denial Date:</b>	07/30/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/24/2015

### 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, District of Columbia, Maryland  
Certification(s)/Specialty: Anesthesiology, 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:

This 55 year old female sustained an industrial injury on 4-11-05. She subsequently reported cardiac problems. Diagnoses include migraines, anxiety, depression and hypertension. Treatments to date include laboratory, EKG and MRI testing and prescription medications. The injured worker has continued complaints of depression, anxiety, irritable bowel syndrome, hemorrhoids and psoriasis. Upon examination, epigastric and moderate left lower quadrant tenderness to palpation was noted. Hyperactive bowel sounds were noted. A recent ECG revealed some premature ventricular contractions. A request for Ativan 1 mg #90 was made by the treating physician.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Ativan 1 mg #90:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Benzodiazepines.

**Decision rationale:** Per MTUS Chronic Pain Medical Treatment Guidelines p24 regarding benzodiazepines, "Not recommended for long-term use because long-term efficacy is unproven and there is a risk of dependence. Most guidelines limit use to 4 weeks. Their range of action includes sedative/hypnotic, anxiolytic, anticonvulsant, and muscle relaxant. Chronic benzodiazepines are the treatment of choice in very few conditions. Tolerance to hypnotic effects develops rapidly. Tolerance to anxiolytic effects occurs within months and long-term use may actually increase anxiety. It is noted in the medical records that the injured worker suffers from anxiety and depression. The documentation submitted for review indicates that the injured worker has been using this medication since at least 11/2014. As the treatment is not recommended for long term use, the request is not medically necessary.