

Case Number:	CM15-0181384		
Date Assigned:	09/22/2015	Date of Injury:	09/04/2011
Decision Date:	10/29/2015	UR Denial Date:	08/17/2015
Priority:	Standard	Application Received:	09/15/2015

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: Texas, California
 Certification(s)/Specialty: Family Practice

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 is a 52 year old female patient who sustained an industrial injury on 9-4-11. The diagnoses are noted as lumbar facet pain and lumbar myofascial pain. Per a progress report dated 4-28-15, she still has problems with ambulation and needs help with activities of daily living and she does have a caregiver which helps her. She had a recent myofascial exacerbation. The physical examination revealed sitting in a wheelchair leaning to the left and able to stand with difficulty. She had about 2 inches of pelvic tilt. Per the progress report dated 6-23-15, she felt that the Hydromorphone and Baclofen provide significant pain relief and when she has tried to wean herself down by 10%, her function drops and she was unable to get out of bed. Per the progress report dated 7-21-15, she had complaints of low back pain. Symptoms were unchanged. She seems to have received some benefit from the radiofrequency procedure. She had pain at 5/10. She takes 10 pills of 8mg Dilaudid per day and Baclofen to manage her symptoms. The physician noted she will decrease her opiates by 10% this month and evaluate. The physical examination revealed sitting in a chair leaning forward with obvious pelvic tilt, difficulty standing straight up, 1+ Reflexes at the knees and 0 at the ankles. The medications list includes hydromorphone and baclofen. The plan is to decrease her Hydromorphone to #300, refill Baclofen and see her back in 30 days. It is noted Buprenorphine therapy was discussed with her. On 8-17-15 the requested treatment of Hydromorphone tab 8mg, day supply: 25, quantity 300 (date of service 8-14-15) was not approved, however weaning recommended; 1 month approved for weaning.

IMR ISSUES, DECISIONS AND RATIONALES

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

Hydromorphone Tab 8mg, Day Supply: 25, QTY: 300, DOS: 08/14/15: 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): Opioids, criteria for use, Opioids for chronic pain.

Decision rationale: Norco contains hydrocodone and acetaminophen. Hydrocodone is an opioid analgesic. According to the cited guidelines, "A therapeutic trial of opioids should not be employed until the patient has failed a trial of non-opioid analgesics. Before initiating therapy, the patient should set goals, and the continued use of opioids should be contingent on meeting these goals." The records provided do not specify that that patient has set goals regarding the use of opioid analgesic. The treatment failure with non-opioid analgesics is not specified in the records provided. Other criteria for ongoing management of opioids are: "The lowest possible dose should be prescribed to improve pain and function. Continuing review of overall situation with regard to nonopioid means of pain control and ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects...Consider the use of a urine drug screen to assess for the use or the presence of illegal drugs." The records provided do not provide a documentation of response in regards to pain control and objective functional improvement to opioid analgesic for this patient. The continued review of the overall situation with regard to non-opioid means of pain control is not documented in the records provided. As recommended by the cited guidelines a documentation of pain relief, functional status, appropriate medication use, and side effects should be maintained for ongoing management of opioid analgesic, these are not specified in the records provided. Response to antidepressant, anticonvulsant and lower potency opioid for chronic pain is not specified in the records provided. A recent urine drug screen report is not specified in the records provided. Per the cited guidelines, "Measures of pain assessment that allow for evaluation of the efficacy of opioids and whether their use should be maintained include the following: current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. (Nicholas, 2006) (Ballantyne, 2006) A recent epidemiologic study found that opioid treatment for chronic non-malignant pain did not seem to fulfill any of key outcome goals including pain relief, improved quality of life, and/or improved functional capacity. (Eriksen, 2006)" This patient does not meet criteria for ongoing continued use of opioids analgesic. The medical necessity of Hydromorphone Tab 8mg, Day Supply: 25, QTY: 300, DOS: 08/14/15 is not established for this patient, based on the clinical information submitted for this review and the peer reviewed guidelines referenced. If this medication is discontinued, the medication should be tapered, according to the discretion of the treating provider, to prevent withdrawal symptoms.