

<b>Case Number:</b>	CM15-0188605		
<b>Date Assigned:</b>	09/30/2015	<b>Date of Injury:</b>	01/11/2015
<b>Decision Date:</b>	11/13/2015	<b>UR Denial Date:</b>	09/19/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/24/2015

### 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: Virginia

Certification(s)/Specialty: Neurology

### 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 45 year old male who sustained an industrial injury on 01/11/2015. Current diagnoses include headache-facial pain, and neck pain. Report dated 08-17-2015 noted that the injured worker presented with complaints that included neck pain and a headache. Pain level was 7 (with medications) and 10 (without medications) out of 10 on a visual analog scale (VAS). The injured worker stated that medications are working well. Physical examination performed on 08-17-2015 did not reveal any abnormalities. Previous treatments included medications and chiropractic. The treatment plan included awaiting authorization for a psych-neurologist, follow up with audiologist, awaiting authorization with a pain psychologist, awaiting authorizations for x-rays and chiropractic, continue Norco and ibuprofen. Report dated 06-08-2015 the injured worker was advised to stop taking ibuprofen due to GI side effects. The utilization review dated 09/19/2015, non-certified/modified the request for ibuprofen.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Ibuprofen 600mg #60 for concussion, headaches, hearing loss right side:** Upheld

**Claims Administrator guideline:** Decision based on MTUS General Approaches 2004, Section(s): Initial Approaches to Treatment, and Chronic Pain Medical Treatment 2009.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): NSAIDs (non-steroidal anti-inflammatory drugs).

**Decision rationale:** Chronic pain medical treatment guidelines states that nonsteroidal anti-inflammatory drugs are recommended at the lowest dose for the shortest time in patients with moderate to severe pain. The guidelines further state that acetaminophen may be considered for initial therapy for patients with mild to moderate pain and, in particular, in cases of illness with gastrointestinal, cardiovascular or renovascular risk factors. In the case of the injured worker, there is documentation from his initial presentation dated 11 January, 2015 that he has been prescribed ibuprofen over a prolonged period of time. There is no documentation of its clinical effectiveness. There is documentation from a clinical note dated 20 July, 2015 that he has 8/10 pain. At this time, his documented neurologic exam is normal. He is prescribed ibuprofen and Norco for pain relief. There is also documentation and a clinical note dated 3/22/2015 and again on 6/9/2015 stating that the injured worker's provider recommends that he stopped taking Motrin due to adverse gastrointestinal side effects. Therefore, according to the guidelines, and a review of the evidence, the treatment with ibuprofen-600 mg, #60 for headaches, concussion and right sided hearing loss is not medically necessary.