

Case Number:	CM15-0197231		
Date Assigned:	10/12/2015	Date of Injury:	12/27/2013
Decision Date:	11/24/2015	UR Denial Date:	09/10/2015
Priority:	Standard	Application Received:	10/07/2015

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: Colorado

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:

The injured worker is a 49 year old female, who sustained an industrial injury on 12-27-2013. The injured worker is currently able to work with restrictions. Medical records indicated that the injured worker is undergoing treatment for large hypertrophic keloid scar of left lateral malleolus. Treatment and diagnostics to date has included left ankle surgery and medications. Recent medications have included Nabumetone, Cyclobenzaprine, and Omeprazole. After review of progress notes dated 07-22-2015 and 08-18-2015, the injured worker reported "intermittent moderate left ankle pain" and that "steroid injection helped her scar but it is still wide and sensitive". Objective findings included restricted left ankle range of motion and left lateral malleolus scar is about 30cm x 3cm with hypertrophic scar and scar hypersensitive to touch. The request for authorization dated 08-20-2015 requested retrospective 3 steroid injections were given to lateral and medial keloid scars on 07-21-2015. The Utilization Review with a decision date of 09-10-2015 non-certified the request for steroid injection left ankle x 3 (administered on 07-21-2015).

IMR ISSUES, DECISIONS AND RATIONALES

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

Retro Steroid injection left ankle x 3 (administered on 7/21/2015): 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).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Ankle/Foot and Other Medical Treatment Guidelines Intralesional treatment for keloids and hypertrophic scars: a review.

Decision rationale: The MTUS and ACOEM do not address the issue of Intralesional steroids for keloid scar reduction. The ODG does not recommend steroid injections to the ankle as the only available studies address injections to the knees. However, the ODG is addressing joint injections here and what is being requested is keloid scar injection. As no specific guidelines address the issue of Intralesional steroid injections for keloid scars, a [REDACTED] search was conducted for relevant literature. The treatment of keloid scars has a lack of evidence-based support for any specific treatment. No large, quality studies have been conducted that clearly indicate the best course of treatment for keloid scars. (Ledon, et al) Though steroid injections are used in treatment of keloid scars, they are generally only recommended in conjunction with other therapies for best result (gel sheeting / taping / compression / 5-fluorouracil). Without clear evidence in the literature to support its use, steroid injections for keloid scars cannot be recommended and is not medically indicated.