

Case Number:	CM15-0197963		
Date Assigned:	10/13/2015	Date of Injury:	07/12/2006
Decision Date:	11/30/2015	UR Denial Date:	09/08/2015
Priority:	Standard	Application Received:	10/08/2015

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: Maryland, Texas, Virginia

Certification(s)/Specialty: Internal Medicine, Allergy and Immunology, Rheumatology

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 63 year old female, who sustained an industrial injury on 07-12-2006. The injured worker is currently not working. Medical records indicated that the injured worker is undergoing treatment for status post-bilateral total knee replacement with residuals, persistent left knee pain, mechanical low back pain, and left knee bursitis. Treatment and diagnostics to date has included urine drug screens dated 10-16-2014 and 08-20-2015 positive for opiates. Recent medications have included Norco, Tizanidine, and Trazodone. After review of progress notes dated 01-14-2015 and 08-20-2015, the injured worker reported bilateral knee pain. Objective findings included decreased range of motion of bilateral knees and positive McMurray on the left side. The request for authorization dated 08-31-2015 requested Norco, Tizanidine, Trazodone, and urine toxicology screen. The Utilization Review with a decision date of 09-08-2015 non-certified the request for urine toxicology screen.

IMR ISSUES, DECISIONS AND RATIONALES

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

Urine Toxicology Screen, submitted diagnoses lumbar spine (lower back) sprain/strain, bilateral knee pain, left knee bursitis, as an outpatient: Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Drug testing.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Drug testing, Opioids, criteria for use. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain (Chronic), Urine drug testing (UDT).

Decision rationale: MTUS states that use of urine drug screening for illegal drugs should be considered before therapeutic trial of opioids are initiated. Additionally, "Use of drug screening or inpatient treatment with issues of abuse, addiction, or poor pain control. Documentation of misuse of medications (doctor-shopping, uncontrolled drug escalation, drug diversion)." would indicate need for urine drug screening. ODG further clarifies frequency of urine drug screening: "low risk" of addiction/aberrant behavior should be tested within six months of initiation of therapy and on a yearly basis thereafter. "Moderate risk" for addiction/aberrant behavior are recommended for point-of-contact screening 2 to 3 times a year with confirmatory testing for inappropriate or unexplained results. "High risk" of adverse outcomes may require testing as often as once per month. There is documentation provided to suggest issues of abuse, misuse, or addiction. The patient is classified as moderate risk. The UDS is not consistent. As such, the current request for Urine Toxicology Screen, submitted diagnoses lumbar spine (lower back) sprain/strain is medically necessary.