

<b>Case Number:</b>	CM15-0199704		
<b>Date Assigned:</b>	10/14/2015	<b>Date of Injury:</b>	07/12/2007
<b>Decision Date:</b>	11/24/2015	<b>UR Denial Date:</b>	09/17/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/12/2015

### 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: Pennsylvania

Certification(s)/Specialty: Internal Medicine, Hospice & Palliative Medicine

### 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 64 year old female, who sustained an industrial injury on 7-12-07. The injured worker was diagnosed as having hypertension, gastroesophageal reflux disease, sleep disorder and renal insufficiency. Subjective findings (2-17-15, 6-11-15, 7-22-15) indicated the injured worker's home blood pressure was 135-85mmHg to 140-80mmHg. She stated that the acid reflux is improved but no change in sleep quality. The treating physician advised the injured worker to follow a low-fat, low-acid, no-sodium diet and no caffeine intake. Objective findings (6-11-15, 7-22-15) revealed the blood pressure was 154-72mmHg to 130-74mmHg and heart rate was 60-64bpm. There is 2+ tenderness to palpation over the bilateral lower extremities. As of the PR2 dated 9-8-15, the injured worker reports hypertension is overly controlled with new medication regime. She is feeling light-headed and says blood pressure has been in the low 100s over 60-70. Objective findings include blood pressure 102-57mmHg, heart rate 62bpm and cardiac rate and rhythm regular. Treatment to date has included cardio-respiratory testing on 7-22-15, a CMPR was ordered on 6-11-15 (results not provided), Bentyl, Aspirin, Dexilant and Diovan. The Utilization Review dated 9-17-15, non-certified/modified the request for a CMPR and a lipid panel.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lab: CMPR Qty 1: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Chemistry panels. <http://labtestsonline.org/understanding/analytes/chem-panel/tab/glance>. Accessed 11/22/2015.

**Decision rationale:** The MTUS Guidelines are silent on this issue in this clinical situation. A comprehensive metabolic panel (CMP) is a group of blood tests that generally look at the salt balance in the blood, blood sugar level, kidney function, and liver function. The submitted and reviewed documentation indicated the worker was experiencing lightheadedness, problems with sleep, improved "acid reflux" and improved abdominal spasms. The request did not specify what laboratory tests would be included in the panel. For this reason, the current request for a laboratory test "CMPR" is not medically necessary.

**Lab: Lipid panel Qty 1: Overturned**

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Vijan S, et al. Screening for lipid disorders. Topic 45531, version 24.0. UpToDate, accessed 10/03/2015.

**Decision rationale:** The MTUS Guidelines are silent on this issue in this clinical setting. A lipid profile is a panel of laboratory blood tests that look closely at the components of cholesterol in the blood. It is used as a screening test for those at increased risk for heart and blood vessel conditions who might benefit from a certain type of treatment. Some of those at increased risk include people with an older age, high blood pressure, a significant smoking history, diabetes, or close relatives who had clogged heart blood vessels at an early age. The submitted documentation indicated the worker was experiencing lightheadedness, problems with sleep, improved "acid reflux" and improved abdominal spasms. The literature supports routinely monitoring those with high blood pressure or advanced age with lipid profile testing. In light of this supportive evidence. In light of this supportive evidence, the current request for laboratory blood testing with a lipid panel is medically necessary.