

Case Number:	CM15-0200840		
Date Assigned:	10/15/2015	Date of Injury:	06/26/2012
Decision Date:	11/24/2015	UR Denial Date:	10/03/2015
Priority:	Standard	Application Received:	10/13/2015

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: New Jersey, New York
 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 was a 39 year old female, who sustained an industrial injury, June 26, 2012. The injured worker was undergoing treatment for complex region pain syndrome type II, chronic pain, reflex sympathetic dystrophy, degenerative joint disease of the hip and lumbar myofascial pain secondary to left hip dysplasia. According to progress note of August 14, 2015, the injured worker's chief complaint was pain in the left hip. The pain was rated at 8 out of 10. The pain was decreased 8 out of 10 at best with rest. The pain was present 100% of the time. The pain was described as throbbing, shooting, hot, sharp, numbing, ants crawling and pins and needles. The physical exam noted the injured worker was unable to heel and toe walk due to pain. The injured worker was unable to deep knee bend due to pain. The injured worker walked with an antalgic gait favoring the right leg due to pain in the left leg. The injured worker's current medications were Cymbalta, Mirtazapine, Ambien and Omeprazole. The injured worker was allergic to Tramadol. According to the progress of September 4, 2015, the injured worker was too young for a hip replacement. There was diffuse tenderness in the lower lumbar area and limited range of motion. The left hip range of motion was markedly limited. The injured worker previously received the following treatments on May 5, 2015 this was the injured worker current medication list Cymbalta, Gabapentin, Mirtazapine, Morphine CR, Zolpidem and Hydromorphone. The injured worker also participated in physical therapy, home exercise program, injections and left hip surgery. The RFA (request for authorization) dated September 4, 2015, the following treatments were requested a prescription for Tramadol 50mg one tablet two times daily. The UR (utilization review board) denied certification on October 3, 2015; for a prescription for Tramadol 50mg tablets.

IMR ISSUES, DECISIONS AND RATIONALES

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

Tramadol 50mg #60: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use.

Decision rationale: The request for Tramadol is medical unnecessary. There is no documentation all of the four A's of ongoing monitoring: pain relief, side effects, physical and psychosocial functioning, and aberrant drug-related behaviors. There was no objective documentation of functional improvement. Side effects and aberrant drug behaviors were not documented. There were no recent urine drug screenings or drug contract. The patient was also documented to be allergic to Tramadol. Because of these reasons, the request for Tramadol is considered medically unnecessary.