

<b>Case Number:</b>	CM15-0202469		
<b>Date Assigned:</b>	10/19/2015	<b>Date of Injury:</b>	04/25/2013
<b>Decision Date:</b>	11/30/2015	<b>UR Denial Date:</b>	10/14/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/15/2015

### 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: California, Oregon, Washington  
Certification(s)/Specialty: Orthopedic Surgery

### 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 41 year old female, who sustained an industrial injury on 4-25-2013. The injured worker is undergoing treatment for: fasciitis, Achilles tendinitis, traumatic neuroma, arthralgia. On 8-11-15, and 10-6-15, she reported pain to the bilateral ankles and feet. She rated her left foot and ankle pain 1-2 out of 10 at rest and 3-4 out of 10 with activities. Her right foot and ankle pain were rated 2 out of 10 at rest and 4 out of 10 with activities. Physical examination revealed left calf atrophy, left ankle edema, tenderness to the bilateral heels into the arches, tenderness in the 3rd web space bilaterally, positive Tinel's on the left, and tenderness in the Achilles tendon bilaterally. There is no current discussion regarding insomnia, or assessment of sleep hygiene. The treatment and diagnostic testing to date has included: medications, splinting, orthotics. Medications have included: Cymbalta, Temazepam, Lyrica, Lisinopril, amlodipine, norco. Current work status: unclear. The request for authorization is for: Temazepam 30mg quantity 60. The UR dated 10-14-15: modified certification of Temazepam 30mg tablets quantity 54.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Temazepam 30mg Qty: 60.00: 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), Pain (Chronic) - Benzodiazepines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Benzodiazepines.

**Decision rationale:** According to the CA MTUS Chronic Pain Medical Treatment Guidelines, page 24, regarding benzodiazepines, "Not recommended for long-term use because long-term efficacy is unproven and there is a risk of dependence. Most guidelines limit use to 4 weeks. Their range of action includes sedative/hypnotic, anxiolytic, anticonvulsant, and muscle relaxant. Chronic benzodiazepines are the treatment of choice in very few conditions. Tolerance to hypnotic effects develops rapidly. Tolerance to anxiolytic effects occurs within months and long-term use may actually increase anxiety. A more appropriate treatment for anxiety disorder is an antidepressant. Tolerance to anticonvulsant and muscle relaxant effects occurs within weeks." In this case the exam note from 10/6/15 does not demonstrate a quantitative assessment of improvement in functional activity while on the medication. In addition there is no mention of prior response to this medication, increase in activity of a urine toxicology report demonstrating compliance or documented return to work. Therefore the request for Temazepam is not medically necessary.