

<b>Case Number:</b>	CM15-0202868		
<b>Date Assigned:</b>	10/19/2015	<b>Date of Injury:</b>	08/14/2000
<b>Decision Date:</b>	12/07/2015	<b>UR Denial Date:</b>	10/02/2015
<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: Arizona, Texas  
 Certification(s)/Specialty: Internal 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:

This is a 53 year old male who sustained an industrial injury on 8-14-2000. A review of the medical records indicates that the injured worker is undergoing treatment for recurrent major depressive disorder. According to the progress report dated 8-27-2015, the injured worker was frustrated that he was not being given his psychotropic medication. He reported feeling like he wanted to hit others and that he had been taken to the hospital 3 weeks earlier for trying to hit his son with a baseball bat. He reported sleeping only two to three hours each night. He had feeling of hopelessness, helplessness and depression. He had a suicidal plan, but did not reveal the plan. 911 was called at the visit and the injured worker was sent to the hospital. Treatment has included psychotherapy and medications. The original Utilization Review (UR) (10-2-2015) denied requests for Zyprexa and Temazepam.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Temazepam 30mg #30:** Upheld

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

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

**Decision rationale:** According to the MTUS, benzodiazepine medications like temazepam are 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 documentation shows that the patient has used temazepam for longer than recommended. The continued use is not medically indicated.

**Zyprexa 15mg #30:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG, Mental Illness & Stress.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Uptodate.com. Drug information, Zyprexa.

**Decision rationale:** The MTUS is silent regarding the use of zyprexa. According to Uptodate.com Zyprexa is FDA approved for the treatment of schizophrenia and bipolar disorder with mania or psychosis. In this case, the patient has a diagnosis of Major Depressive Disorder and Anxiety. He does not have an FDA approved indication for the use of zyprexa.