

Case Number:	CM15-0205786		
Date Assigned:	10/22/2015	Date of Injury:	10/07/2010
Decision Date:	12/04/2015	UR Denial Date:	10/05/2015
Priority:	Standard	Application Received:	10/20/2015

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 46 year old male, who sustained an industrial injury on 10-7-2010. The injured worker was being treated for failed back surgery syndrome and status post right superior labral tear from anterior to posterior repair. The injured worker (6-9-2015) reported ongoing, severe back pain. He reported his current medications provided some relief. The physical exam (6-9-2015) reveals the injured worker was slumped in a chair, significant pain behaviors, and significant dorsal tenderness with dramatic reaction to palpation. The injured worker (7-28-2015) reported ongoing low back pain and right upper extremity pain with occasional right thumb numbness. He reported pain ratings of 10 out of 10 without medications and 8 out of 10 with medications. He reported with medications he is out of bed and walking a lot. The injured worker (9-22-2015) reported ongoing, severe lumbar pain. The treating physician noted that injured worker reported had not received a new corset yet. The medical records (6-9-2015 and 9-22-2015) did not include documentation of the subjective pain ratings. The physical exam (7-28-2015, 9-9-2015) reveals severe right lumbar tenderness with dramatic responses to palpation. The provided medical records do not include a signed opioid pain agreement, a risk assessment, or a recent urine drug screen to verify compliance with Norco. Per the treating physician (7-28-2015) the injured worker does not have aberrant behaviors. Treatment has included a non-steroidal steroid injection, a benzodiazepine (diazepam) injections, and medications including pain (Norco), muscle relaxant, and non-steroidal anti-inflammatory. The treatment plan included stopping the Norco and starting MSIR (Morphine Sulfate instant release) 15 mg. On 9-9-2015, the original utilization review modified a request for MSIR 15mg.

IMR ISSUES, DECISIONS AND RATIONALES

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

MSIR 15 mg Qty 150, every 4 hours as needed: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use, Opioids, specific drug list. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain / Opioids for chronic pain.

Decision rationale: According to the CA MTUS/Chronic Pain Medical Treatment Guidelines, opioids (criteria for use & specific drug list): A therapeutic trial of opioids should not be employed until the patient has failed a trial of non-opioid analgesics. The patient should have at least one physical and psychosocial assessment by the treating doctor (and a possible second opinion by a specialist) to assess whether a trial of opioids should occur. Before initiating therapy, the patient should set goals, and the continued use of opioids should be contingent on meeting these goals. Guidelines recommend ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Pain assessment should include: current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. Satisfactory response to treatment may be indicated by the patient's decreased pain, increased level of function, or improved quality of life. The 4 A's for Ongoing Monitoring include analgesia, activities of daily living, adverse side effects, and aberrant drug-taking behaviors. Opioids may be continued if the patient has returned to work and the patient has improved function/pain. The ODG-TWC pain section comments specifically on criteria for the use of drug screening for ongoing opioid treatment. The ODG Pain/Opioids for chronic pain states According to a major NIH systematic review, there is insufficient evidence to support the effectiveness of long-term opioid therapy for improving chronic pain, but emerging data support a dose-dependent risk for serious harms. Based upon the records reviewed there is insufficient evidence to support chronic use of narcotics. There is lack of demonstrated functional improvement, percentage of relief, demonstration of urine toxicology compliance, return to work, or increase in activity from the exam note of 9/22/15. Therefore the determination is for not medically necessary.