

Case Number:	CM15-0208724		
Date Assigned:	10/27/2015	Date of Injury:	10/01/2012
Decision Date:	12/08/2015	UR Denial Date:	09/24/2015
Priority:	Standard	Application Received:	10/23/2015

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

Certification(s)/Specialty: Physical Medicine & Rehabilitation

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 38 year old female, who sustained an industrial injury on 10-01-2012. She has reported injury to the left wrist. The diagnoses have included left de Quervain's syndrome; left ulnar impaction-triangular fibrocartilage complex (MRI of the wrist with contrast had no evidence of TFCC tear); and left cubital tunnel syndrome. Treatment to date has included medications, diagnostics, bracing, splinting, occupational therapy, physical therapy, home exercise program, and injection. Medications have included Tylenol and Motrin. A progress report from the treating provider, dated 09-04-2015, documented an evaluation with the injured worker. The injured worker reported the same pain in the wrist and hand. Objective findings included no tenderness to palpation at the triangular fibrocartilage complex (TFCC); and positive Tinel's with flexion. The treatment plan has included the request for occupational therapy 2 times a week for 6 weeks left wrist. The original utilization review, dated 09-24-2015, non-certified the request for occupational therapy 2 times a week for 6 weeks left wrist.

IMR ISSUES, DECISIONS AND RATIONALES

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

Occupational Therapy 2 times a week for 6 weeks left wrist: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Manual therapy & manipulation.

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

Decision rationale: Review indicates the patient has received at least 14 PT and 6 OT sessions and continues to treat for chronic symptom complaints. Occupational therapy is considered medically necessary when the services require the judgment, knowledge, and skills of a qualified occupational therapist due to the complexity and sophistication of the therapy and the physical condition of the patient. However, there is no clear measurable evidence of progress with the OT treatment already rendered including milestones of increased ROM, strength, and functional capacity. Review of submitted physician reports show no evidence of functional benefit, unchanged chronic symptom complaints, clinical findings, and functional status. There is no evidence documenting functional baseline with clear goals to be reached and the patient striving to reach those goals. The Chronic Pain Guidelines allow for 9-10 visits of occupational therapy with fading of treatment to an independent self-directed home program. It appears the employee has received significant therapy sessions without demonstrated evidence of functional improvement to allow for additional therapy treatments. There is no report of acute flare-up, new injuries, or change in symptom or clinical findings to support for formal OT in a patient that has been instructed on a home exercise program for this chronic 2012 injury. Submitted reports have not adequately demonstrated the indication to support further occupational therapy when prior treatment rendered has not resulted in any functional benefit. The Occupational Therapy 2 times a week for 6 weeks left wrist is not medically necessary or appropriate.