

<b>Case Number:</b>	CM15-0020417		
<b>Date Assigned:</b>	02/10/2015	<b>Date of Injury:</b>	07/21/2000
<b>Decision Date:</b>	04/03/2015	<b>UR Denial Date:</b>	01/19/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	02/03/2015

### 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 57-year-old female who reported an injury on 07/21/2000. The injured worker's diagnoses include lumbosacral sprain and strain and radiculitis, left side greater than right. The mechanism of injury indicated the injured worker was partially on a bus with her arm inside the bus, when the door closed suddenly on her arm and she sustained a crush injury. The diagnoses included hypertension plus LVH, plus rule out angina, plus osteoporosis, sleep apnea, tension headache, rule out hypothyroidism, IBS, fibromyalgia, and reflex sympathetic dystrophy. The documentation of 01/2015 revealed the injured worker had been taking Bystolic for increased blood pressure. The injured worker complained of dry eyes, with no diplopia. The injured worker's blood pressure was 160/100. The treatment plan included temazepam 15 mg as needed and Restasis drops. The injured worker was noted to utilize the temazepam previously.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Temazepam 15mg:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepines Page(s): 24.

**Decision rationale:** The California Medical Treatment Utilization Schedule Guidelines do not recommend the use of benzodiazepines for longer than 4 weeks due to the possibility of psychological or physiologic dependence. The clinical documentation submitted for review indicated the injured worker had been on the medication for an extended duration of time. The efficacy was not provided. The rationale for the use of the medication was not provided. The request as submitted failed to indicate the frequency and quantity of medication being requested. Given the above, the request for temazepam 15 mg is not medically necessary.

**Restasis:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://dailymed.nlm.nih.gov>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: <http://www.drugs.com/search.php?searchterm=Restasis&a=1>.

**Decision rationale:** Per drugs.com, Restasis is used to treat chronic dry eye that may be caused by inflammation. The documentation indicated the injured worker had dry eyes. The rationale was not provided, but the injured worker had dry eyes and this medication would, be supported. However, there was a lack of documentation indicating the frequency, quantity, and strength of the medication. Given the above, the request for Restasis is not medically necessary.