

<b>Case Number:</b>	CM15-0212973		
<b>Date Assigned:</b>	11/02/2015	<b>Date of Injury:</b>	01/28/2010
<b>Decision Date:</b>	12/18/2015	<b>UR Denial Date:</b>	09/30/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/29/2015

### 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, Texas, Florida

Certification(s)/Specialty: Anesthesiology, Pain Management, Hospice & Palliative 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:

The injured worker is a 50-year-old female, who sustained an industrial injury on 01-28-2010. A review of the medical records indicates that the injured worker (IW) is undergoing treatment for cervical strain and sprain, cervical disc protrusion and radiculopathy, right carpal tunnel syndrome, right wrist crush injury, lumbar spine strain or sprain, xerostamina, headaches, depression, anxiety, gastric upset, insomnia, bladder injury, and sexual dysfunction. Medical records (03-16-2015 to 09-01-2015) indicate ongoing bilateral lower extremity numbness, neck and shoulder pain with radiating pain into the upper and lower extremities, and low back pain. Pain levels were rated 8-9 out of 10 in severity on a visual analog scale (VAS). Records also indicate no changes in activity or pain levels, and no functional improvement. Per the treating physician's progress report (PR), the IW has not returned to work. The PR, dated 09-01-2015, did not include any objective findings or vital signs. Relevant treatments have included: physical therapy (PT), injections, surgeries, work restrictions, and medications (Lisinopril and vitamin B12 injections since at least 03-2015). The IW had been reporting for several months that her medications were not helping. The request for authorization was not available for review; however, the utilization review letter states that the following medications were requested on 09-18-2015: Lisinopril 5mg #30, and cyanocobalamin 100mcg injection (Vitamin B12 1cc weekly, 3cc luer-lok 25gx1g needle). The original utilization review (09-30-2015) non-certified the request for Lisinopril 5mg #30, and cyanocobalamin 100mcg injection (Vitamin B12 1cc weekly, 3cc luer-lok 25gx1g needle).

## IMR ISSUES, DECISIONS AND RATIONALES

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

**Lisinopril 5mg #30:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Drugs.com and Emedicine.com.

**Decision rationale:** Regarding the request for Lisinopril 5mg #30, California MTUS guidelines and ODG do not contain criteria for the use of this medication. Drugs.com indicates that Lisinopril is an antihypertensive medication. Medicine.com states that hypertension may be primary, which test document may develop because of environmental or genetic causes, or secondary, which has multiple etiologies, including renal, vascular, and endocrine causes. They go on to state that the diagnosis includes accurately measuring the patient's blood pressure, performing a focused medical history and physical examination, and obtaining results of routine laboratory studies, and a 12-lead electrocardiogram should be obtained. Guidelines go on to state that most groups including the JNC, American diabetes Association, and American Heart Association recommend lifestyle modification as the 1st step in managing hypertension. They go on to state that if lifestyle modifications are insufficient to achieve the goal blood pressure, there are several drug options for treating and managing hypertension. Within the documentation available for review, there is no indication that the patient has had adequate workup for a diagnosis of hypertension. Additionally, there is no indication that the patient has tried lifestyle changes prior to the initiation of medication for the treatment of hypertension. Finally, despite the prescription of Lisinopril, there is no measurement of patient's blood pressure. In the absence of clarity regarding these issues, the currently requested Lisinopril 5mg #30 is not medically necessary.

**Cyanocobalamin 100mcg injection (Vitamin B12 1cc weekly, 3cc luer-lok 25gx1g needle):** 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 - B vitamins & vitamin B complex.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain Chapter, Vitamin B.

**Decision rationale:** Regarding the request for Cyanocobalamin 100mcg injection (Vitamin B12 1cc weekly, 3cc luer-lok 25gx1g needle), California MTUS guidelines do not contain criteria for the use of B12. ODG states that vitamin B is not recommended. They go on to state that when comparing vitamin B with placebo, there is no significant short-term benefit in pain intensity. As such, the current request for Cyanocobalamin 100mcg injection (Vitamin B12 1cc weekly, 3cc luer-lok 25gx1g needle) is not medically necessary.