

<b>Case Number:</b>	CM15-0213600		
<b>Date Assigned:</b>	11/03/2015	<b>Date of Injury:</b>	03/24/2015
<b>Decision Date:</b>	12/15/2015	<b>UR Denial Date:</b>	10/17/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/30/2015

### 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 53 year old, female who sustained a work related injury on 3-24-15. A review of the medical records shows she is being treated for neck, right shoulder, low back and bilateral knee pain. In the progress notes dated 8-5-15, 8-26-15 and 9-9-15, the injured worker reports neck pain with left hand numbness and tingling. She reports low back pain with radiating pain down both legs, left side worse than right. She reports leg spasms. On physical exam dated 9-9-15, she has tenderness over the C5 and C6 spinous processes as well as neck muscles. She has decreased cervical range of motion. She has tenderness over right rotator cuff anteriorly. Palpation of acromioclavicular joint is painful in both shoulders. Right shoulder range of motion is decreased. She has tenderness in L4 and L5 spinous processes as well as the posterior superior iliac spine bilaterally. She has tenderness and spasms in lumbar area. She has decreased lumbar range of motion. Treatments have included right shoulder physical therapy x 1 treatment-"too much pain", right shoulder surgery on 8-27-15, right shoulder injection, psychotherapy and medications. Current medications include Effexor ER, Ibuprofen and Tramadol. She stopped taking Lyrica stating "it did not alleviate the movements (leg spasms) and she feels it did increase it." She is not working. The treatment plan includes requests for continuing medications, for a neurological referral, and a change from Lyrica to Gabapentin. The Request for Authorization dated 9-9-15 has a request for a referral to a neurologist. In the Utilization Review dated 10-17-15, the requested treatment of Tramadol 50mg. #90 is modified to Tramadol 50mg. #81.

## IMR ISSUES, DECISIONS AND RATIONALES

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

**Tramadol 50mg quantity 90 with two refills for pain to the neck, shoulder, knee, low back and head:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Medical Treatment 2009.

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

**Decision rationale:** Per the CA MTUS Chronic Pain Medical Treatment Guidelines pages 93-94, opioids specific drug list, Tramadol is a synthetic opioid affecting the central nervous system. Tramadol is indicated for moderate to severe pain. Tramadol (Ultram) is a centrally acting synthetic opioid analgesic and it is not recommended as a first-line oral analgesic. Tramadol is considered a second line agent when first line agents such as NSAIDs fail. The guidelines advise against prescription to patients that at risk for suicide or addiction. A recent Cochrane review found that this drug decreased pain intensity, produced symptom relief and improved function for a time period of up to three months but the benefits were small (a 12% decrease in pain intensity from baseline). Adverse events often caused study participants to discontinue this medication, and could limit usefulness. There are no long-term studies to allow for recommendations for longer than three months. (Cepeda, 2006) Similar findings were found in an evaluation of a formulation that combines immediate-release vs. extended release Tramadol. Adverse effects included nausea, constipation, dizziness/vertigo and somnolence. (Burch, 2007) 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 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." In this case there is insufficient evidence in the records of 9/9/15 of failure of primary over the counter non-steroids or moderate to severe pain to warrant Tramadol. 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. Therefore use of Tramadol is not medically necessary and it is noncertified.