

Case Number:	CM15-0213893		
Date Assigned:	11/03/2015	Date of Injury:	09/19/2013
Decision Date:	12/16/2015	UR Denial Date:	10/28/2015
Priority:	Standard	Application Received:	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: Massachusetts

Certification(s)/Specialty: Physical Medicine & Rehabilitation, Pain Management

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

This is a 66 year old male who sustained a work-related injury on 9-19-13. He reported an injury to his right shoulder and tried conservative treatment to include rest, ice, anti-inflammatory medications, analgesics and physical therapy with none providing long-term mitigating effects. An MRI on 5-29-15 revealed a complete tear of the right shoulder supraspinatus tendon and his plan of treatment was for right shoulder arthroscopic debridement with acromioplasty, resection of coracoacromial ligament, bursa, and rotator cuff repair on 10-23-15. The evaluating physician noted that the injured worker lived with his elderly mother and would need home health care for four hours per day for approximately two weeks to assist in his post-operative recovery. A request for post-operative Home Health aide four hours per day for 14 days for the right shoulder was received on 10-22-15. On 10-28-15, the Utilization Review physician modified Home Health aide four hours per day for 14 days for the right shoulder to 7 post-operative days for four hours per day.

IMR ISSUES, DECISIONS AND RATIONALES

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

Home health aide 4 hours per day times 14 days for right shoulder: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Home health services. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Shoulder Chapter - Home Health Services.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain (Chronic), Home health services.

Decision rationale: The claimant sustained a work injury in September 2013 with injury to the shoulder occurring while lifting a heavy bag and underwent a right shoulder arthroscopic subacromial decompression and rotator cuff repair and debridement on 10/23/15. The claimant is right hand dominant. Authorization was requested prior to surgery for home health aide services for 2 weeks at 4 hours per day. Home health services are recommended only for necessary medical treatments for patients who are homebound and unable to perform treatments without assistance. Medical treatment does not include homemaker services like shopping, cleaning, and laundry, and personal care given by home health aides like bathing, dressing, and using the bathroom when this is the only care needed. In this case, the claimant had not undergone the planned surgical procedure when the request was made. It would not be possible to predict a need for home health services prior to surgery. There would be no expected post-operative complications or need for restricting the claimant's mobility. The requested home health services are not medically necessary.