

Case Number:	CM15-0214412		
Date Assigned:	11/04/2015	Date of Injury:	10/21/2013
Decision Date:	12/18/2015	UR Denial Date:	10/03/2015
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: Iowa, Illinois, California

Certification(s)/Specialty: Preventive Medicine, Occupational Medicine, Public Health & General Preventive 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:

This is a 57 year old male who sustained an industrial injury on 10-21-2013. A review of the medical records indicates that the injured worker is undergoing treatment for adjustment disorder with mixed anxiety and depressed mood. According to the psychological assessment report dated 7-24-2015, the injured worker felt nervous, stressed, tense, irritable, anxious, depressed and worried. He reported periods of depression and anxiety. He complained of sleep difficulty; being able to sleep for three hours. He reported feeling tired. The injured worker scored 40 on the Fatigue Severity Scale, indicating significant issues with fatigue. He scored 17 on the Epworth Sleepiness Scale, which reflected issues with daytime hyper-somnolence. He scored 36 on the Beck Anxiety Inventory, suggestive of severe anxious state. The treatment plan (7-24-2015) was for a consult with a board certified sleep specialist and an overnight sleep study. The original Utilization Review (UR) (10-3-2015) denied a request for a sleep study-polysomnogram.

IMR ISSUES, DECISIONS AND RATIONALES

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

Sleep study/polysomnogram with a certified sleep specialist: 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 Chapter, Polysomnography.

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

Decision rationale: MTUS is silent regarding sleep apnea studies. ODG states "Polysomnograms / sleep studies are recommended for the combination of indications listed below: (1) Excessive daytime somnolence; (2) Cataplexy (muscular weakness usually brought on by excitement or emotion, virtually unique to narcolepsy); (3) Morning headache (other causes have been ruled out); (4) Intellectual deterioration (sudden, without suspicion of organic dementia); (5) Personality change (not secondary to medication, cerebral mass or known psychiatric problems); & (6) Insomnia complaint for at least six months (at least four nights of the week), unresponsive to behavior intervention and sedative/sleep-promoting medications and psychiatric etiology has been excluded. A sleep study for the sole complaint of snoring, without one of the above mentioned symptoms, is not recommended." The treating physician has not provided documentation of excessive daytime sleepiness, morning headaches, cataplexy, intellectual deterioration, personality changes, insomnia for greater than 6 months or unresponsiveness to behavior intervention or medications. As such, the request for Sleep study/polysomnogram with a certified sleep specialist is not medically necessary at this time.