

Case Number:	CM15-0222503		
Date Assigned:	11/18/2015	Date of Injury:	08/27/2011
Decision Date:	12/30/2015	UR Denial Date:	11/05/2015
Priority:	Standard	Application Received:	11/12/2015

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: Anesthesiology, 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:

The injured worker is a 59 year old male, who sustained an industrial injury on 8-27-11. Medical records indicate that the injured worker is undergoing treatment for low back pain, lumbar radiculopathy, knee pain, severe lumbar degenerative disc disease and degenerative joint disease, left knee pain and degenerative joint disease, dorsalgia unspecified and right hip pain. The injured workers current work status was not identified. On (10-23-15) the injured worker complained of low back, right hip pain and left knee pain. The pain was rated 8 out of 10 with medications and 9 out of 10 without medications on the visual analog scale. The injured workers quality of sleep was noted to be poor. Examination of the lumbar spine revealed a restricted and painful range of motion. On palpation of the paravertebral muscles hypertonicity, spasm, tenderness, a tight muscle band and trigger points with a twitch response were noted on both sides. Right hip examination revealed tenderness over the groin and trochanter. A FABER's (flexion, abduction, and external rotation) test was positive. Left knee examination revealed tenderness to palpation over the lateral joint line, medial joint line and vastus medialis oblique. A subsequent progress reports dated 8-28-15 noted the injured workers pain level to be 8 out of 10 with medications and 10 out of 10 without medications. Treatment and evaluation to date has included medications, urine toxicology screen, electromyography and x-rays of the left knee and right hip. The injured worker was seen in the emergency department on 9-28-15 for increased lumbar spine pain. Current medications include Hydrocodone-Acetaminophen (since at least May of 2015), Cymbalta, Cyclobenzaprine, Meloxicam, Tylenol, Sulfamethoxazole-trimethoprim and Fluconazole. The current treatment request is for Hydrocodone-

Acetaminophen 10-325mg #120. The Utilization Review documentation dated 11-5-15 modified the request for Hydrocodone-Acetaminophen 10-325mg #25 (original request #120).

IMR ISSUES, DECISIONS AND RATIONALES

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

Hydrocodone-Acetaminophen 10/325mg #120: Overturned

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids for chronic pain.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use.

Decision rationale: According to the MTUS Chronic Pain Medical Treatment Guidelines section on Opioids, On-Going Management, p 74-97, (a) Prescriptions from a single practitioner taken as directed, and all prescriptions from a single pharmacy. (b) The lowest possible dose should be prescribed to improve pain and function. (c) Office: 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 injured worker's decreased pain, increased level of function, or improved quality of life. Information from family members or other caregivers should be considered in determining the injured worker's response to treatment. The 4 A's for Ongoing Monitoring: Four domains have been proposed as most relevant for ongoing monitoring of chronic pain injured workers on opioids: pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or non-adherent) drug-related behaviors. These domains have been summarized as the "4 A's" (analgesia, activities of daily living, adverse side effects, and aberrant drug taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework for documentation of the clinical use of these controlled drugs. (Passik, 2000) (d) Home: To aid in pain and functioning assessment, the injured worker should be requested to keep a pain diary that includes entries such as pain triggers, and incidence of end-of-dose pain. It should be emphasized that using this diary will help in tailoring the opioid dose. This should not be a requirement for pain management. (e) Use of drug screening or in injured worker treatment with issues of abuse, addiction, or poor pain control. (f) Documentation of misuse of medications (doctor-shopping, uncontrolled drug escalation, drug diversion). (g) Continuing review of overall situation with regard to non-opioid means of pain control. (h) Consideration of a consultation with a multidisciplinary pain clinic if doses of opioids are required beyond what is usually required for the condition or pain does not improve on opioids in 3 months. Consider a psych consult if there is evidence of depression, anxiety or irritability. Additionally, the MTUS states that continued use of opioids requires (a) the injured worker has returned to work, (b) the injured worker has improved functioning and pain. There is current documentation of baseline pain, pain score with use of opioids, functional improvement on current regimen, side effects and review of potentially aberrant drug taking behaviors as outlined in the MTUS and as required for ongoing treatment. Therefore, at this time, the requirements for treatment have been met and medical necessity has been established. Therefore, the request is medically necessary.

