

Case Number:	CM15-0033820		
Date Assigned:	02/27/2015	Date of Injury:	12/15/2008
Decision Date:	04/07/2015	UR Denial Date:	01/30/2015
Priority:	Standard	Application Received:	02/23/2015

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 51 year old male who sustained an industrial injury on December 15, 2006. There was no mechanism of injury documented. The injured worker has a history of microdiscectomy/laminectomy L5-S1 in 1992. A magnetic resonance imaging (MRI) performed on July 24, 2013 demonstrated L5-S1 degenerative disc disease disc height loss and peridiscal fatty changes, mild bilateral L5-S1 lateral recess stenosis, mild multi-level lumbar intervertebral degenerative disc disease and focal annular fissures L1-L2 and L2-L3. The injured worker was diagnosed with chronic lumbosacral strain and right leg radiculopathy. A Nerve Conduction Velocity (NCV) study in December 2013 noted a mild demyelinating peripheral neuropathic process. The Electromyography (EMG) was reported as normal of the bilateral lower extremities. The injured worker underwent a bilateral L5 transforaminal epidural steroid injection (ESI) on November 19, 2014 with 50% improvement and a second bilateral L5 transforaminal epidural steroid injection (ESI) on January 14, 2015 with noticeable relief of the low back pain but with continued pain radiating to the buttocks and right lower extremity. Current medications consist of Ultram, Norco, Celebrex, Ketoprofen, Omeprazole and Skelaxin. Current treatment modalities are listed as 12 completed physical therapy sessions from December 2014 through January 29, 2105. The injured worker continues with his home exercise program. The treating physician requested authorization for right L5-S1 transforaminal/Caudal ESI, QTY: 1. On January 30, 2015 the Utilization Review denied certification for right L5-S1 transforaminal/Caudal ESI, QTY: 1. Citations used in the decision process were the Medical Treatment Utilization Schedule (MTUS), Chronic Pain Guidelines.

IMR ISSUES, DECISIONS AND RATIONALES

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

Right L5-S1 Transforaminal/Caudal ESI, QTY: 1: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Epidural steroid injections (ESIs).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Epidural steroid injections Page(s): 46.

Decision rationale: Accordingly to the MTUS, epidural steroid injections are recommended as an option for treatment of radicular pain (defined as pain in dermatome distribution with corroborative findings of radiculopathy). See specific criteria for use below. Most current guidelines recommend no more than 2 ESI injections. This is in contradiction to previous generally cited recommendations for a series of three ESIs. These early recommendations were primarily based on anecdotal evidence. Research has now shown that, on average, less than two injections are required for a successful ESI outcome. Current recommendations suggest a second epidural injection if partial success is produced with the first injection and a third ESI is rarely recommended. Epidural steroid injection can offer short term pain relief and use should be in conjunction with other rehab efforts, including continuing a home exercise program. There is little information on improved function. The American Academy of Neurology recently concluded that epidural steroid injections may lead to an improvement in radicular lumbosacral pain between 2 and 6 weeks following the injection, but they do not affect impairment of function or the need for surgery and do not provide long-term pain relief beyond 3 months, and there is insufficient evidence to make any recommendation for the use of epidural steroid injections to treat radicular cervical pain. (Armon, 2007) See also Epidural steroid injections, series of three. Criteria for the use of Epidural steroid injections: Note: The purpose of ESI is to reduce pain and inflammation, restoring range of motion and thereby facilitating progress in more active treatment programs, and avoiding surgery, but this treatment alone offers no significant long-term functional benefit. 1) Radiculopathy must be documented by physical examination and corroborated by imaging studies and/or electrodiagnostic testing. 2) Initially unresponsive to conservative treatment (exercises, physical methods, NSAIDs and muscle relaxants). 3) Injections should be performed using fluoroscopy (live x-ray) for guidance. 4) If used for diagnostic purposes, a maximum of two injections should be performed. A second block is not recommended if there is inadequate response to the first block. Diagnostic blocks should be at an interval of at least one to two weeks between injections. 5) No more than two nerve root levels should be injected using transforaminal blocks. 6) No more than one interlaminar level should be injected at one session. 7) In the therapeutic phase, repeat blocks should be based on continued objective documented pain and functional improvement, including at least 50% pain relief with associated reduction of medication use for six to eight weeks, with a general recommendation of no more than 4 blocks per region per year. (Manchikanti, 2003) (CMS, 2004) (Boswell, 2007). 8) Current research does not support a series-of-three injections in either the diagnostic or therapeutic phase. We recommend no more than 2 ESI injections. The current request for both a transforaminal and a caudal epidural steroid injection is not consistent with the

MTUS guidelines above. Therefore, at this time, the requirements for treatment have not been met and medical necessity has not been established. This request is not medically necessary.