

Case Number:	CM15-0034243		
Date Assigned:	02/27/2015	Date of Injury:	09/15/2005
Decision Date:	04/07/2015	UR Denial Date:	01/29/2015
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: California, Indiana, New York
Certification(s)/Specialty: Internal 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 65-year-old female reported a work-related injury on 09/15/2005. According to the PR2 from the treating provider dated 2/17/15, the injured worker (IW) reports bilateral knee and low back pain. The notes state she is trying to lose weight independently. The IW's weight and BMI is not documented. The IW was diagnosed with lumbar radiculopathy, recurrent internal derangement of left knee and chondromalacia of the patella of the right knee. Previous treatments include medications, home exercise and left knee arthroscopy. The treating provider requests [REDACTED] Weight Loss Program for 10 weeks. The Utilization Review on 01/29/2015 non-certified the request for [REDACTED] Weight Loss Program for 10 weeks, citing the physician reviewer's rationale.

IMR ISSUES, DECISIONS AND RATIONALES

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

[REDACTED] Weight Loss Program quantity 10.00: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/123702-treatment>.

Decision rationale: Pursuant to Medline plus (see attached link) weight loss program is not medically necessary. Treatment of obesity starts with comprehensive lifestyle management (i.e. diet, physical activity, behavioral modification) which should include the following: self-monitoring of caloric intake and physical activity; goal setting; stimulus control; nonfood rewards; and relapse prevention. See attached link for details. In this case, the injured worker's working diagnoses are lumbar radiculopathy; recurrent internal derangement left knee; and chondromalacia patella. The documentation indicates the injured worker was previously enrolled in the [REDACTED] weight loss program. The latest progress note in the medical record is dated August 14, 2014. There are no subsequent progress notes in the medical record. The treating physician requested an additional 10 sessions at the [REDACTED] weight loss program. However, there is no clinical indication or rationale for the latest request in the medical record because there is no subsequent progress note indicating a subsequent request is indicated. A weight loss record dated October 17, 2014 shows the injured worker's weight was 206 pounds. On December 30, 2014 there was approximately a 13-pound weight loss. The injured worker is on a home exercise program and ambulates with the cane. The guidelines state treatment of obesity starts with a comprehensive lifestyle management with diet, physical activity and behavioral modifications. This includes self-monitoring of caloric intake and physical activity with goal setting. The details of the [REDACTED] weight loss program are not a part of the medical record in terms of behavioral modification and the treatment plan. Consequently, absent clinical documentation with a clinical indication and rationale for an additional 10 sessions at the [REDACTED] weight loss program, [REDACTED] weight loss program #10 visits is not medically necessary.