

Case Number:	CM15-0034519		
Date Assigned:	03/02/2015	Date of Injury:	07/23/2014
Decision Date:	04/10/2015	UR Denial Date:	02/02/2015
Priority:	Standard	Application Received:	02/24/2015

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: Texas, California
 Certification(s)/Specialty: Family Practice

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 42 year old male, who sustained an industrial injury on 07/23/2014. The patient sustained the injury due to harassment at work place. He has reported subsequent anxiety and depression and was diagnosed with major depressive disorder, generalized anxiety disorder and insomnia. Treatment to date has included anti-anxiety medication. In a progress note dated 01/20/2015, the injured worker complained of hopelessness, difficulty remembering things, anxiety, loss of interest in usual activities, weight gain, insomnia and panic attacks. The mental status examination revealed patient was cooperative, good eye contact, normal speech, no agitation, sad and anxious mood, normal thought process, no suicidal or homicidal ideation. On 1/16/15 the patient has had BAI 34 revealed severe anxiety, and BDI 20-28 revealing moderate depression. The medication list includes Trazodone, Alprazolam, Hydroxyzine, Lisinopril and Sertraline. The physician noted that the injured worker was recommended to undergo cognitive-behavioral psychotherapy for 8 weeks. A request for authorization of 8 sessions of office consultation, high complexity related to depression and anxiety was made.

IMR ISSUES, DECISIONS AND RATIONALES

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

8 office consultation, high complexity: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 400.

MAXIMUS guideline: Decision based on MTUS ACOEM.

Decision rationale: Request: 8 office consultation, high complexity. MTUS Guidelines: American College of Occupational and Environmental Medicine (ACOEM), 2nd Edition, (2004) Chapter 7, IME and consultations. Per the cited guidelines: The occupational health practitioner may refer to other specialists if a diagnosis is uncertain or extremely complex, when psychosocial factors are present, or when the plan or course of care may benefit from additional expertise. Any evidence that the diagnosis is uncertain or extremely complex was not specified in the records provided. The mental status examination revealed patient was cooperative, good eye contact, normal speech, no agitation, normal thought process, no suicidal or homicidal ideation. Any significant functional deficits that would require 8 office consultations, high complexity was not specified in the records provided. A history and details regarding psychiatric symptoms since the date of injury was not specified in the records provided. A detailed response to treatment for anxiety/depression was not specified in the records provided. In addition, the complexity level of all the 8 visits cannot be determined in advance of the visits. The medical necessity of the request for 8 office consultations, high complexity is not fully established in this patient