

<b>Case Number:</b>	CM15-0039209		
<b>Date Assigned:</b>	03/09/2015	<b>Date of Injury:</b>	04/25/2013
<b>Decision Date:</b>	04/10/2015	<b>UR Denial Date:</b>	02/10/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	03/02/2015

### 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

Certification(s)/Specialty: Preventive Medicine, Occupational 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:

The injured worker is a 38 year old female, who sustained an industrial injury on 4/25/13. She reported pain and swelling of the bilateral hands and wrists related to cumulative trauma. The injured worker was diagnosed as having bilateral upper extremity repetitive strain injury presenting with tendonitis and myofascial pain. Treatment to date has included EMG/NCV studies, acupuncture, physical therapy and pain medications. As of the PR2 dated 1/29/15, the injured worker reports pain in the neck, shoulders, hands and back. She indicated that the low back pain radiates to the leg and neck and causes spasms. She uses ibuprofen or naproxen for the pain, but it hurts her stomach. The treating physician ordered Celebrex, Cymbalta and a functional restoration program evaluation.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Celebrex 100 mg Qty 60 with 1 refill:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs (non-steroidal anti-inflammatory drugs) Page(s): 67.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSIADs Page(s): 67-70.

**Decision rationale:** MTUS Guidelines support the use of Celebrex as a second line NSAID if there is intolerance to other anti-inflammatory medications. Guidelines are silent regarding limiting a medication to no refills when a medication is trialed. It is reasonable to assume that a medication will not be refilled if it is ineffective and that if effective a refill will avoid the delays that can be associated with authorization. Under these circumstances, a refill is not discouraged by Guidelines and is medically reasonable to be utilized if a trial is successful. The Celebrex 100mg. #60 with 1 refill is medically necessary.

**Cymbalta 30 mg Qty 60 with 1 refill:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Duloxetine (Cymbalta) Page(s): 43.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Antidepressants for chronic pain Page(s): 15, 16.

**Decision rationale:** MTUS Guidelines support the use of Cymbalta for an individual with this patient's condition and type of pain. Guidelines are silent regarding limiting a medication to no refills when a medication is trialed. It is reasonable to assume that a medication will not be refilled if it is ineffective and that if effective a refill will avoid the delays that can be associated with authorization. Under these circumstances, a refill is not discouraged by Guidelines and is medically reasonable to be utilized if a trial is successful. The Cymbalta 30mg. #60 with 1 refill is medically necessary.