

Case Number:	CM15-0046638		
Date Assigned:	03/18/2015	Date of Injury:	04/10/2012
Decision Date:	04/20/2015	UR Denial Date:	03/02/2015
Priority:	Standard	Application Received:	03/11/2015

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: Iowa, Illinois, Hawaii

Certification(s)/Specialty: Preventive Medicine, Occupational Medicine, Public Health & General Preventive 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 60 year old female sustained a work related injury on 04/10/2012. According to a report dated 02/23/2015, the mechanism of injury occurred when a chair was pulled out from under the claimant right before she was to sit down. Injury was to the lumbar spine. Treatments have included analgesics, physical therapy, epidural blocks, lumbar support belt, chiropractic care, psychotropic medication, acupuncture and TENS unit. Surgeries included discectomy in August 2012 and neurotomy in August 2014. Current medications included Norco, Zolpidem, Advil, Lisinopril and amlodipine. Current symptoms included low back pain, right hip pain, and right lower extremity pain and numbness in the thigh. The injured worker also reported insomnia, averaging 6 hours of interrupted and restless sleep, secondary to pain, anxiety and rumination. The injured worker scored 12 on an Epworth Sleepiness Scale, which fell between the borderline and abnormal range. On 03/02/2015, Utilization Review non-certified Ambien.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ambien 10mg #30 with 3 refills: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG-TWC)

Pain Procedure Summary, Zolpidem (Ambien); Mosby's Drug Consult. Zolpidem tartrate (Ambien).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain, Zolpidem, insomnia treatment.

Decision rationale: The CA MTUS silent regarding this topic, ODG states that zolpidem is a prescription short acting non-benzodiazepine hypnotic, which is approved for short-term treatment of insomnia. There has been no discussion of the patient's sleep hygiene or the need for variance from the guidelines, such as (a) Wake at the same time everyday; (b) Maintain a consistent bedtime; (c) Exercise regularly (not within 2 to 4 hours of bedtime); (d) Perform relaxing activities before bedtime; (e) Keep your bedroom quiet and cool; (f) Do not watch the clock; (g) Avoid caffeine and nicotine for at least six hours before bed; (h) Only drink in moderation; & (i) Avoid napping. Medical documents also do not include results of these first line treatments, if they were used in treatment of the patient's insomnia. ODG additionally states the specific component of insomnia should be addressed: (a) Sleep onset; (b) Sleep maintenance; (c) Sleep quality; & (d) Next-day functioning. Medical documents provided do not detail these components. In addition, a prior reviewer recommended weaning from Ambien in 2014. As such, the request for Ambien 10mg #30 with 3 refills is not medically necessary at this time.