

Case Number:	CM15-0047067		
Date Assigned:	03/20/2015	Date of Injury:	02/19/2003
Decision Date:	05/12/2015	UR Denial Date:	02/17/2015
Priority:	Standard	Application Received:	03/12/2015

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: Physical Medicine & Rehabilitation

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 68 year old female injured worker suffered an industrial injury on 2/19/2003. The diagnoses were acquired hypothyroidism. The injured worker had been treated with Synthroid. On 2/4/2015 during a telephonic visit, the treating provider reported that the hypothyroidism was contributing to the industrial related fibromyalgia. Despite correcting the hypothyroidism, there was no change in the fibromyalgia symptoms per the provider. She continued to have widespread pain, nonrestorative sleep, chronic fatigue and depression, which can be seen in both fibromyalgia and hypothyroidism. She had lab testing on 1/16/2015 which demonstrating normal thyroid stimulating hormones indicating she was on the appropriate doses of thyroid replacement medications. The provider noted that this medication had been previously covered on an industrial basis noting the potential contribution to the fibromyalgia syndrome. The treatment plan included Synthroid.

IMR ISSUES, DECISIONS AND RATIONALES

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

Synthroid 0.125 mg #90 with 3 refills: Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.rxlist.com.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation website www.synthroid.com.

Decision rationale: This patient presents with hypothyroidism and fibromyalgia syndrome. The request is for Synthroid 0.125mg #90 with 3 refills on 02/10/15. The work status is not available. Per 02/04/15 report, the treater states that previously "the concern was that this patient's hypothyroidism was contributing to the industrially related fibromyalgia syndrome. Despite correcting this patient's hypothyroidism, there was no change in her fibromyalgia syndrome." The utilization review letter dated 02/17/15 denied the request and stated that "there is no evidence that the use of synthroid has reduced pain for this fibromyalgia, reduced return to work restrictions, increased ADL's function or reduced use of other pain medications." The MTUS, ODG and ACOEM do not address hypothyroidism, but Synthroid is the medication to use for this condition. www.synthroid.com states, "To achieve thyroid hormone balance, the American Association of Clinical Endocrinologists and the American Thyroid Association recommend patients receiving levothyroxine therapy such as Synthroid keep their thyroid-stimulating hormone (TSH) levels between 0.45 and 4.12 mIU/L." Review of reports shows that the patient was treated for hypothyroidism since early as 10/26/11. Per 02/04/15 report, the treater stated that lab testing from 01/16/15 showed a normal thyroid stimulating hormone indicating that this patient remains euthyroid and is on an appropriate dose of thyroid replacement medication. She currently takes Synthroid 0.125mg daily for the hypothyroidism this should be continued. In this case, the patient diagnosed with hypothyroidism and needs appropriate dose of thyroid replacement for maintaining normal mental and physical health. The request IS medically necessary.