

<b>Case Number:</b>	CM15-0050742		
<b>Date Assigned:</b>	03/24/2015	<b>Date of Injury:</b>	01/01/1994
<b>Decision Date:</b>	05/04/2015	<b>UR Denial Date:</b>	02/18/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	03/17/2015

### 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, Arizona, Maryland  
Certification(s)/Specialty: Psychiatry

### 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 64-year-old female with an industrial injury dated January 1, 1994. The injured worker diagnoses include major depressive disorder, single episode, and moderate; psychological symptoms affecting medical condition, pain disorder with both psychological factors and general medical condition and partner relational problem. Treatment consisted of prescribed medications, consultation and periodic follow up visits. In a progress note dated 01/05/2015, the injured worker reported anxiety, depression, irritability, low self-esteem and social withdrawal. The injured worker also reported frequent episodes of severe pain. Objective findings revealed depression. The treating physician prescribed services for 4 Beck Anxiety Inventory and 4 Beck Depression Inventory evaluations now under review.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**4 Beck Depression Inventory:** 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), Mental Illness & Stress.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chapter: Mental Illness and Stress Topic: Psychological evaluations.

**Decision rationale:** DG states, "Psychological evaluations are recommended. Psychological evaluations are generally accepted, well-established diagnostic procedures not only with selected use in pain problems, but also with more widespread use in subacute and chronic pain populations. Diagnostic evaluations should distinguish between conditions that are preexisting, aggravated by the current injury or work related. Psychosocial evaluations should determine if further psychosocial interventions are indicated." Per guidelines, the purpose of Psychological evaluations is either diagnostic or to determine if further psychosocial interventions are indicated. There is no clinical rationale as to why 4 Beck Depression Inventory sessions are being requested. Thus, the request is not medically necessary at this time.

**4 Beck Anxiety Inventory:** 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).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chapter: Mental Illness and Stress Topic: Psychological evaluations.

**Decision rationale:** DG states, "Psychological evaluations are recommended. Psychological evaluations are generally accepted, well-established diagnostic procedures not only with selected use in pain problems, but also with more widespread use in subacute and chronic pain populations. Diagnostic evaluations should distinguish between conditions that are preexisting, aggravated by the current injury or work related. Psychosocial evaluations should determine if further psychosocial interventions are indicated." Per guidelines, the purpose of Psychological evaluations is either diagnostic or to determine if further psychosocial interventions are indicated. There is no clinical rationale as to why 4 Beck Anxiety Inventory sessions are being requested. Thus, the request is not medically necessary at this time.