

Case Number:	CM15-0082487		
Date Assigned:	05/04/2015	Date of Injury:	08/01/2007
Decision Date:	06/03/2015	UR Denial Date:	03/31/2015
Priority:	Standard	Application Received:	04/29/2015

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:

The injured worker is a 47 year old female, who sustained an industrial injury on 08/01/2007. She has reported injury to the bilateral wrists, neck, and low back. The diagnoses have included cervical spondylosis; lumbar spondylosis; sacroiliitis; and wrist pain. Treatment to date has included medications, diagnostics, injections, chiropractic, aquatic therapy, and physical therapy. Medications have included Norco, Cyclobenzaprine, Naproxen, and Omeprazole. A progress note from the treating physician, dated 03/27/2015, documented a follow-up visit with the injured worker. Currently, the injured worker complains of ongoing pain in her neck and lower back and right wrist; and had trigger point injections to the superior iliac crest, which afforded only four days of relief. Objective findings included cervical spine bilateral paraspinal tenderness at C4 through C7, as well as bilateral upper traps; and midline lumbar tenderness at L5-S1 as well as right sacroiliac joint and right superior iliac crest. The treatment plan included the request for Norco 5/325mg #60, one every four to six hours.

IMR ISSUES, DECISIONS AND RATIONALES

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

Norco 5/325 mgs #60 1 q 4-6 hrs: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids, Criteria for use Page(s): 76, 80-91.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-96. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Neck and Upper Back (Acute and Chronic), Low Back - Lumbar & Thoracic (Acute & Chronic), Opioids, Pain.

Decision rationale: ODG does not recommend the use of opioids for neck and low back pain "except for short use for severe cases, not to exceed 2 weeks." The patient has exceeded the 2 week recommended treatment length for opioid usage. MTUS does not discourage use of opioids past 2 weeks, but does state that "ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Pain assessment should include: current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. Satisfactory response to treatment may be indicated by the patient's decreased pain, increased level of function, or improved quality of life." The treating physician does not fully document the least reported pain over the period since last assessment, intensity of pain after taking opioid, pain relief, increased level of function, or improved quality of life. As such, the request for Norco 5/325 mgs #60 1 q 4-6 hrs is not medically necessary.