

Case Number:	CM15-0084246		
Date Assigned:	05/06/2015	Date of Injury:	08/23/2010
Decision Date:	06/17/2015	UR Denial Date:	04/24/2015
Priority:	Standard	Application Received:	05/01/2015

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: Pennsylvania

Certification(s)/Specialty: Internal Medicine, Hospice & Palliative 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 58 year old male who sustained an industrial injury on August 23, 2010. Previous treatment includes individual psychotherapy, group psychotherapy and medications. Currently the injured worker complains of feeling joyless and resigned. The injured worker reports a decrease in self-esteem and a disturbance in sleep and appetite. The injured worker reports that the industrial injury affects his mind. Diagnoses associated with the request include adjustment disorder with mixed anxiety and depressed mood. The treatment plan includes continued individual psychotherapy, group psychotherapy and medications to include mirtazapine.

IMR ISSUES, DECISIONS AND RATIONALES

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

Mirtazapine 15mg/tab every night at bedtime as needed for insomnia, #30: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Mirtazapine: Drug information. Topic 9656, version 142.0. UpToDate, accessed 06/06/2015. Schutte-Rodin S, et al. Clinical guideline for the

evaluation and management of chronic insomnia in adults. *J Clin Sleep Med*. Oct 15 2008; 4(5): 487-504. (American Academy of Sleep Medicine (AASM) Guideline). Chawla J, et al. Reference topic insomnia, Medscape. <http://emedicine.medscape.com/article/1187829-overview#aw2aab6b2b2>. Accessed 06/06/2015. Bonnet MH, et al. Treatment of insomnia, Topic 7691, Version 38.0. UpToDate. Accessed 06/06/2015.

Decision rationale: Mirtazapine is a medication in the alpha-2 antagonist antidepressant class. The MTUS Guidelines are silent on this issue. Mirtazapine is FDA-approved for the treatment of major depressive disorder. The submitted and reviewed documentation indicated the worker was experiencing headaches, neck pain, and problems sleeping. These records reported mirtazapine was recommended to improve the worker's sleep. There was no documented sleep assessment containing the majority of the elements recommended by the literature or mention of a trial of behavioral intervention. This medication is not FDA-approved for this use, and the literature does not sufficiently support its use for this purpose outside of a diagnosis of major depression. There was no discussion describing special circumstances that sufficiently supported this request. In the absence of such evidence, the current request for thirty tablets of mirtazapine 15mg taken nightly as needed for insomnia is not medically necessary. Because the potentially serious risks outweigh the benefits in this situation based on the submitted documentation, an individualized taper should be able to be completed with the medication the worker has available.