

Case Number:	CM15-0085324		
Date Assigned:	05/07/2015	Date of Injury:	09/16/2010
Decision Date:	06/25/2015	UR Denial Date:	03/30/2015
Priority:	Standard	Application Received:	05/04/2015

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: Emergency 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 49 year old female who sustained an industrial injury on 09/18/2010. The injured worker was diagnosed with gastritis, hiatal hernia, gastroesophageal reflux disorder (GERD) and constipation secondary to medications. There is no documentation on the initial industrial injury. The injured worker underwent a gastric polypectomy (no date documented). According to the treating physician's progress report on March 3, 2015, the injured worker continues to experience acid reflux with left upper quadrant abdominal pain relieved by bowel movements. The injured worker reports worsening constipation, diarrhea and anxiety. Examination demonstrated a soft abdomen with normoactive bowel sounds. Current medications are listed as Tramadol, Cyclobenzaprine, Dexilant, Gaviscon, Miralax, Linzess, Probiotics, Fluoxetine and Simethicone. Treatment plan consists of increased fluids, dietary instructions, follow-up with primary treating physician and the current request for Linzess, Probiotics and Simethicone.

IMR ISSUES, DECISIONS AND RATIONALES

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

Probiotics (2 times daily) Qty 60 with 2 refills: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation URL (www.drugs.com/app/probiotics.html).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.drugs.com>.

Decision rationale: The requested Probiotics (2 times daily) Qty 60 with 2 refills, is not medically necessary. CA MTUS and ODG are silent. An internet search, <http://www.drugs.com>, noted that this medication is to used to restore normal GI flora. The injured worker has acid reflux with left upper quadrant abdominal pain relieved by bowel movements. The injured worker reports worsening constipation, diarrhea and anxiety. Examination demonstrated a soft abdomen with normoactive bowel sounds. The treating physician has documented gastritis, hiatal hernia, gastroesophageal reflux disorder (GERD) and constipation secondary to medications. The treatment physician has not documented the medical necessity for refills without re-evaluating effectiveness and functional improvement. The criteria noted above not having been met, Probiotics (2 times daily) Qty 60 with 2 refills is not medically necessary.

Linzess 290 mcg (daily) Qty 30 with 2 refills: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation URL (www.drugs.com/linzess.html).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.drugs.com>.

Decision rationale: The requested Linzess 290 mcg (daily) Qty 30 with 2 refills , is not medically necessary. CA MTUS and ODG are silent. An internet search, <http://www.drugs.com>, noted that this medication is to used to soften bowel movement stool. The injured worker has acid reflux with left upper quadrant abdominal pain relieved by bowel movements. The injured worker reports worsening constipation, diarrhea and anxiety. Examination demonstrated a soft abdomen with normoactive bowel sounds. The treating physician has documented gastritis, hiatal hernia, gastroesophageal reflux disorder (GERD) and constipation secondary to medications. The treatment physician has not documented the medical necessity for refills without re-evaluating effectiveness and functional improvement. The criteria noted above not having been met, Linzess 290 mcg (daily) Qty 30 with 2 refills is not medically necessary.

Simethicone (2 times daily) 80 mg Qty 60 with 2 refills: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation URL (www.drugs.com/cdl/simethicone.html).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.drugs.com>.

Decision rationale: The requested Simethicone (2 times daily) 80 mg Qty 60 with 2 refills, is not medically necessary. CA MTUS and ODG are silent. An internet search, <http://www.drugs.com>, noted that this medication is to used to decrease gas. The injured worker has acid reflux with left upper quadrant abdominal pain relieved by bowel movements. The injured worker reports worsening constipation, diarrhea and anxiety. Examination demonstrated a soft abdomen with normoactive bowel sounds. The treating physician has documented gastritis, hiatal hernia, gastroesophageal reflex disorder (GERD) and constipation secondary to medications. The treatment physician has not documented the medical necessity for refills without re-evaluating effectiveness and functional improvement. The criteria noted above not having been met, Simethicone (2 times daily) 80 mg Qty 60 with 2 refills is not medically necessary.