

Case Number:	CM15-0087323		
Date Assigned:	05/11/2015	Date of Injury:	02/14/2005
Decision Date:	06/11/2015	UR Denial Date:	04/23/2015
Priority:	Standard	Application Received:	05/06/2015

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: Massachusetts

Certification(s)/Specialty: Physical Medicine & Rehabilitation, Pain Management

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 2/14/05. The injured worker was diagnosed as having generalized pain, lumbar disc disorder, low back pain and chronic pain syndrome. Currently, the injured worker was with complaints of lower back discomfort. Previous treatments included oral pain medication. Previous diagnostic studies were not noted in the provided documentation. The injured workers pain level was rated at 5/10. Physical examination was positive for joint pain and stiffness in the left lower and right lower back. The plan of care was for laboratory studies.

IMR ISSUES, DECISIONS AND RATIONALES

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

Labs times one - lipid panel: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestonline.org.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, specific drug list & adverse effects Page(s): 68-73. Decision based on Non-MTUS Citation

American College of Occupational and Environmental Medicine (ACOEM), 2nd Edition, (2004) Chapter 6, p54.

Decision rationale: The claimant has a remote history of a work-related injury and continues to be treated for chronic pain. Medications being managed by the requesting provider are OxyContin and oxycodone. She also takes Synthroid, vitamin D and Cytomel. When seen, she had pain rated at 5/10. When seen, there were no new complaints. Her pain level and physical examination were unchanged. Medications were working well and without side effects. Lab testing was ordered. Periodic lab monitoring of a CBC and chemistry profile can be recommended for patients taking non-steroidal anti-inflammatory medication (NSAID) on a long-term basis. In this case, the claimant is not taking an NSAID. There are no clinical findings that would suggest any adverse effect from the other medications being prescribed or clinical findings that would suggest the need for other routine lab testing on an industrial basis such as a lipid panel. Therefore, the requested lab testing is not medically necessary.

CBC with differential count and platelets: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, specific drug list & adverse effects Page(s): 68-73.

Decision rationale: The claimant has a remote history of a work-related injury and continues to be treated for chronic pain. Medications being managed by the requesting provider are OxyContin and oxycodone. She also takes Synthroid, vitamin D and Cytomel. When seen, she had pain rated at 5/10. When seen, there were no new complaints. Her pain level and physical examination were unchanged. Medications were working well and without side effects. Lab testing was ordered. Periodic lab monitoring of a CBC and chemistry profile can be recommended for patients taking non-steroidal anti-inflammatory medication (NSAID) on a long-term basis. In this case, the claimant is not taking an NSAID and there is no other indication for the requested test such as acute infection or orthostasis. The requested CBC with differential and platelet count is not medically necessary.