

Case Number:	CM15-0088143		
Date Assigned:	05/12/2015	Date of Injury:	01/06/2014
Decision Date:	06/16/2015	UR Denial Date:	05/06/2015
Priority:	Standard	Application Received:	05/07/2015

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, North Carolina
 Certification(s)/Specialty: Family Practice

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 44-year-old male, who sustained an industrial injury on 1/6/14. He reported pain in the back, hips, chest, coccyx, bilateral elbows, bilateral shoulders, and bilateral knees. The injured worker was diagnosed as having right knee internal derangement with osteochondritis desiccans, right patellofemoral chondromalacia, left upper extremity carpal tunnel syndrome, and left cubital tunnel syndrome. Treatment to date has included physical therapy, lumbar back brace, TENS, home exercise, and medications. The treating physician noted on 3/7/15 gastrointestinal upset with NSAIDs with no proton pump inhibitor however, there are no gastrointestinal complaints with the current proton pump inhibitor dose. NSAIDs were noted to facilitate improved range of motion and lowered pain to a rating of 2/10. The injured worker had been taking Pantoprazole and Naproxen Sodium since at least 10/9/14. Currently, the injured worker complains of low back pain, bilateral knee pain, cervical pain, and thoracic pain. The treating physician requested authorization for Pantoprazole 20mg #90 and Naproxen Sodium 550mg #90 both for the dated of service 3/7/15.

IMR ISSUES, DECISIONS AND RATIONALES

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

Pantoprazole 20mg #90 (DOS: 3.7.15): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms Page(s): 67-69.

Decision rationale: The CA MTUS recommends PPIs such as Pantoprazole for gastritis, GERD or dyspepsia. The criteria for the use of PPIs in patients on NSAIDs include the following: age greater than 65 years; history of peptic ulcer disease, GI bleeding or perforation; concurrent use of ASA, corticosteroids and/or an anticoagulant; high dose/multiple NSAIDs. In this case, the patient meets none of the foregoing criteria. In addition, the request for NSAIDs is being not recommended, so the discontinuance of the NSAID should resolve any GI complaints. The request is therefore deemed not medically necessary.

Naproxen sodium 550mg #90 (DOS: 3.7.15): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDS.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs Page(s): 67-68.

Decision rationale: CA MTUS states that NSAIDs are recommended at the lowest dose for the shortest period in patients with moderate to severe pain. In this case, efficacy is not established due to a lack of documentation of improvement in pain or function while taking the NSAID. NSAIDs are generally not recommended for chronic use, therefore the request for Naproxen sodium 550 mg, #90 is deemed not medically necessary.