

Case Number:	CM15-0088411		
Date Assigned:	05/12/2015	Date of Injury:	06/18/2003
Decision Date:	06/15/2015	UR Denial Date:	04/10/2015
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: 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 44 year old, male who sustained a work related injury on 6/18/03. The diagnoses have included cervical spondylosis without myelopathy, neck pain, lumbosacral neuritis, lumbar spinal stenosis and lumbar sprain/strain. The treatments have included physical therapy, home exercises, oral medications, cervical spine surgery, lumbar epidural steroid injections, TENS unit therapy, and participation in a functional restoration program. In the Visit Note dated 2/12/15, the injured worker complains of insurance company completely withdrawing all of his pain medication. He went through severe opioid withdrawal for 3 weeks. He is using leftover Dilaudid for severe pain and noticed he got reasonably good pain reduction. He is willing to try a medication he was taking that caused nausea and vomiting at a reduced dosage. He complains of neck pain and headaches. He complains of balance problems, poor concentration, numbness, tremors and weakness. He has a positive straight leg raise with left leg. He has spasm and guarding upon palpation of lumbar spine. He has noticeable tremor in right arm. The treatment plan for this visit includes refills of prescriptions. In the Visit Note dated 3/23/15, the injured worker went to office for a review of an MRI of the lumbar spine.

IMR ISSUES, DECISIONS AND RATIONALES

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

Hysingla ER tablet 20mg day supply; 30 Qty; 30 refills 00 Rx date 4/6/15: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Hydrocodone, Opioids Page(s): 51, 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), Pain, Opioids.

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. Additionally, medical documents indicate that the patient has been on an opioid in excess of the recommended 2-week limit. The treating physician does not detail sufficient information to substantiate the need for continued opioid medication. Pr As such, the question for Hysingla ER tablet 20mg day supply; 30 Qty; 30 refills 00 Rx date 4/6/15 is not medically necessary.