

Case Number:	CM15-0088786		
Date Assigned:	05/13/2015	Date of Injury:	01/12/2012
Decision Date:	06/12/2015	UR Denial Date:	04/27/2015
Priority:	Standard	Application Received:	05/08/2015

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, Indiana, Oregon
 Certification(s)/Specialty: Orthopedic Surgery

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 47-year-old male who sustained an industrial injury on 01/12/2012. The injured worker was diagnosed with bilateral internal derangement of the knees with patellofemoral chondromalacia, bilateral wrist and ankle sprain/strain and lumbago. Treatment to date includes diagnostic testing conservative measures with physical therapy and medications. According to the primary treating physician's progress report on March 19, 2015, the injured worker continues to experience bilateral knee pain with some swelling and buckling. The injured worker rates his pain level at 9/10. His lower back, bilateral wrists and ankles were unchanged. Examination of the knees demonstrated significant tenderness in the anterior joint line space and the patellar facet joints. There was a positive patellar grind and McMurray's test, lateral shifting, crepitus and decreased range of motion. Current medications were not documented. Treatment plan consists of the authorized left knee arthroscopy, post-operative rehabilitation and gentle range of motion exercises to the left knee (12 sessions), purchase crutches and the current request for medical clearance.

IMR ISSUES, DECISIONS AND RATIONALES

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

Associates Surgical Services: Medical Clearance: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ACC/AHA 2007 Guidelines Peri operative Cardiovascular Evaluation and Care.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) low back.

Decision rationale: CA MTUS/ACOEM is silent on the issue of preoperative clearance and testing. ODG, Low back, Preoperative testing general, is utilized. This chapter states that preoperative testing is guided by the patient's clinical history, comorbidities and physical examination findings. ODG states, These investigations can be helpful to stratify risk, direct anesthetic choices, and guide postoperative management, but often are obtained because of protocol rather than medical necessity. The decision to order preoperative tests should be guided by the patient's clinical history, comorbidities and physical examination findings. Patients with signs or symptoms of active cardiovascular disease should be evaluated with appropriate testing, regardless of their preoperative status. Preoperative ECG in patients without known risk factor for coronary artery disease, regardless of age, may not be necessary. Electrocardiography is recommended for patients undergoing high-risk surgery and those undergoing intermediate risk surgery who have additional risk factors. Patients undergoing low risk surgery do not require electrocardiography. Based on the information provided for review, there is no indication of any of these clinical scenarios present in this case. In this case the patient is a healthy 47 year old without comorbidities or physical examination findings concerning to warrant preoperative testing prior to the proposed surgical procedure. Based on the fact that no ECG or laborator studies are indicated for the preoperative evaluation of the patients, the request for a medical clearance is not medically necessary.