

<b>Case Number:</b>	CM15-0089845		
<b>Date Assigned:</b>	05/14/2015	<b>Date of Injury:</b>	05/12/2014
<b>Decision Date:</b>	06/15/2015	<b>UR Denial Date:</b>	04/17/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/11/2015

### 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: 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 53 year old female, who sustained an industrial injury on 5/12/2014. Diagnoses have included headache, head concussion, cervical disc protrusion, cervical stenosis, thoracic disc displacement, thoracic spondylosis, lumbar annular tear, lumbar disc protrusion, lumbar facet hypertrophy, lumbar stenosis, right rotator cuff tear, right and left shoulder impingement syndrome, right shoulder tenosynovitis, left rotator cuff tear, left shoulder bursitis, anxiety and depression. Treatment to date has included chiropractic treatment, massage and medication. According to the progress report dated 3/11/2015, the injured worker complained of constant, severe achy headache rated 8/10 radiating to bilateral shoulders. She complained of constant, severe neck pain rated 8/10 radiating to bilateral shoulders. She complained of constant, severe, achy upper/mid back pain rated 8/10. She complained of constant, moderated achy low back pain rated 5/10. She complained of constant, moderate, achy right shoulder pain rated 6/10 and constant, severe, left shoulder pain rated 9/10. Physical exam revealed painful cervical, thoracic and lumbar range of motion. Cervical compression caused pain. Bilateral shoulder range of motion was painful. Authorization was requested for Gabapentin 10%, Amitriptyline 10%, Bupivacaine 5%, Flurbiprofen 20%, Baclofen 5%, Dexamethasone 2%, Capsaicin 0.25%, 30 day supply, 180 grams.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Gabapentin 10%, Amitriptyline 10%, Bupivacaine 5%, Flurbiprofen 20%, Baclofen 5%, Dexamthasone 2%, Capsaicin 0.25%, 30 day supply, 180 grams: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines topical analgesics Page(s): 111-113.

**Decision rationale:** The California chronic pain medical treatment guidelines section on topical analgesics states: Recommended as an option as indicated below. Largely experimental in use with few randomized controlled trials to determine efficacy or safety. Primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. (Namaka, 2004) These agents are applied locally to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. (Colombo, 2006) Many agents are compounded as monotherapy or in combination for pain control (including NSAIDs, opioids, capsaicin, local anesthetics, antidepressants, glutamate receptor antagonists, adrenergic receptor agonist, adenosine, cannabinoids, cholinergic receptor agonists, agonists, prostanoids, bradykinin, adenosine triphosphate, biogenic amines, and nerve growth factor). (Argoff, 2006) There is little to no research to support the use of many of these agents. Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended. The requested medication contains ingredients, which are not indicated per the California MTUS for topical analgesic use. Therefore the request is not medically necessary.