

Case Number:	CM15-0230201		
Date Assigned:	12/04/2015	Date of Injury:	05/20/2014
Decision Date:	01/08/2016	UR Denial Date:	11/03/2015
Priority:	Standard	Application Received:	11/23/2015

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: New York

Certification(s)/Specialty: Internal 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 was a 48 year old female, who sustained an industrial injury on May 20, 2014. The injured worker was cervical herniation of C5-C6 level, triangular fibrocartilage tears of the bilateral wrists, disc herniation of the lumbar space at L5-S1 articulation and left knee strain. According to progress note of October 15, 2015, the injured worker's chief complaint was thoracolumbar spine, cervical spine, bilateral hands and left knee pain. The injured worker was complaining of continued [pain in all body parts. The pain was rated at 6 out of 10, with the use of topical creams. The objective findings were decreased range of motion and sensation and loss of strength in the lumbar spine. There was global tenderness about both wrists. The x-rays showed loss of lordosis of the thoracic and lumbar spine. The injured worker previously received the following treatments left wrist MRI which showed a 1.3cm multiseptated soft tissue nodule just volar to the radial metaphysis suggestive of a soft tissue ganglion; 12 physical therapy sessions, Tramadol and physical therapy, Keratek gel since prior to October 15, 2015 as well as and Flurbiprofen 20%, Cyclobenzaprine 10% and Menthol 4% Cream apply 1-2 grams cream. The RFA (request for authorization) dated October 27, 2015; the following treatments were requested Keratek gel #113 (methyl, Salicylate and Menthol) apply 1-2 times daily as directed 4oz bottle and Flurbiprofen 20%, Cyclobenzaprine 10% and Menthol 4% Cream apply 1-2 grams 2-3 times daily or as directed 182grms prescribed October 15, 2015. The UR (utilization review board) denied certification on November 3, 2015; for Keratek gel #113 (methyl, Salicylate and Menthol) apply 1-2 times daily as directed 4oz bottle and Flurbiprofen

20%, Cyclobenzaprine 10% and Menthol 4% Cream apply 1-2 grams 2-3 times daily or as directed 182grms prescribed October 15, 2015.

IMR ISSUES, DECISIONS AND RATIONALES

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

KeraTek Gel #113 (Methyl/Salicylate/Menthol) 4oz bottle (prescribed 10/15/15): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Salicylate topicals, Topical Analgesics. Decision based on Non-MTUS Citation Official Disability Guidelines, Salicylate topicals.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Topical Analgesics.

Decision rationale: According to the California MTUS Guidelines (2009), topical analgesics are primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. These agents are applied topically to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. Many agents are compounded as monotherapy or in combination for pain control including, for example, NSAIDs, opioids, capsaicin, muscle relaxants, local anesthetics or antidepressants. Guidelines indicate that any compounded product that contains at least 1 non-recommended drug (or drug class) is not recommended for use. Keratek contains menthol and methyl salicylate. These medications are not standard therapy for the treatment of chronic musculoskeletal pain. Medical necessity for the requested topical analgesic has not been established. The requested topical gel is not medically necessary.

Flurbiprofen /Cyclobenzaprine/Menthol Cream 20%/10/4% 180gm (prescribed 10/15/15): Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Topical Analgesics.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Topical Analgesics.

Decision rationale: According to the California MTUS Guidelines (2009), topical analgesics are primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. These agents are applied topically to painful areas with advantages that include lack of systemic side effects, absence of drug interactions, and no need to titrate. Many agents are compounded as monotherapy or in combination for pain control including, for example, NSAIDs, opioids, capsaicin, muscle relaxants, local anesthetics or antidepressants. Guidelines indicate that any compounded product that contains at least 1 non-recommended drug (or drug class) is not recommended for use. The requested topical analgesic compound for this patient contains Flurbiprofen and Cyclobenzaprine. The MTUS guidelines state that Flurbiprofen, and/or muscle relaxants are not recommended for topical applications. Cyclobenzaprine is not FDA approved for use as a topical application. Medical necessity for the requested topical

analgesic compounded medication, for muscular pain, has not been established. The requested topical compound is not medically necessary.