

Case Number:	CM15-0238609		
Date Assigned:	12/15/2015	Date of Injury:	11/18/2014
Decision Date:	01/19/2016	UR Denial Date:	11/20/2015
Priority:	Standard	Application Received:	12/07/2015

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: 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 21 year old male, who sustained an industrial injury on 11-18-2014. The injured worker was diagnosed as having right knee pain, status post surgery, and status post meniscus tear. Treatment to date has included diagnostics, reconstruction of the anterior cruciate ligament of the right knee using a patella tendon autograft 2-02-2015, physical therapy, steroid injection, and medications. On 11-04-2015, the injured worker complains of right knee pain, not rated (rated 6-7 out of 10 on 10-05-2015). He reported that medications and transcutaneous electrical nerve stimulation unit helped with pain. An examination of the right knee was not documented on 11-04-2015. The treatment plan included discontinue Tylenol #4 ("not helping adequately with the pain"), Norco 5-325mg for pain, Naproxen 550mg, topical Lidopro, and "stay active". Work status was modified. Urine toxicology was not noted. On 11-20-2015 Utilization Review non-certified a request for Norco 5-325mg #36.

IMR ISSUES, DECISIONS AND RATIONALES

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

Norco 5/325mg #36: Upheld

Claims Administrator guideline: Decision based on MTUS Knee Complaints 2004, and Chronic Pain Medical Treatment 2009.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids for chronic pain.

Decision rationale: The California MTUS states: When to Continue Opioids (a) If the patient has returned to work. (b) If the patient has improved functioning and pain. (Washington, 2002) (Colorado, 2002) (Ontario, 2000) (VA/DoD, 2003) (Maddox-AAPM/APS, 1997) (Wisconsin, 2004) (Warfield, 2004) The long-term use of this medication class is not recommended per the California MTUS unless there documented evidence of benefit with measurable outcome measures and improvement in function. There is no documented significant improvement in VAS scores for significant periods of time. There are no objective measurements of improvement in function or activity specifically due to the medication. Therefore all criteria for the ongoing use of opioids have not been met and the request is not medically necessary.