

Case Number:	CM13-0033810		
Date Assigned:	12/06/2013	Date of Injury:	12/01/2010
Decision Date:	02/28/2014	UR Denial Date:	09/19/2013
Priority:	Standard	Application Received:	10/11/2013

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to a physician reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Internal Medicine & Cardiology and is licensed to practice in Texas. 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 physician 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/services.

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 patient is a 58-year-old male who reported an injury on 12/01/2010. His diagnosis is degenerative disc disease with superimposed sprain. His symptoms are noted to include low back pain with radiation into the bilateral lower extremities. The patient was noted to require treatment for ongoing psychiatric complaints and internal medicine complaints according to [REDACTED] in his 07/02/2013 re-evaluation note. The patient is also noted to have diagnoses of depressive disorder and psychological factors affecting medical condition. The patient's medications are noted to include citalopram for depression and ProSom for insomnia treatment.

IMR ISSUES, DECISIONS AND RATIONALES

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

ProSom 2mg #30: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental illness & stress, Insomnia treatment.

Decision rationale: According to Official Disability Guidelines, benzodiazepines are only recommended for short-term use due to risk of tolerance, dependence, and adverse events. The clinical information submitted for review indicates the patient has a diagnosis of insomnia and uses ProSom for treatment. However, there were no recent psychological notes provided for

review in order to assess the patient's history regarding his insomnia. Additionally, it is unknown whether the patient has had any side effects to this medication or failure of other first line insomnia treatments. As Official Disability Guidelines recommend only very short-term use for this medication, the request for continued ProSom 2 mg is not supported. As such, the request is non-certified.

Citalopram 40mg #30: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental illness & stress, Antidepressants.

Decision rationale: According to Official Disability Guidelines, antidepressants are recommended although not generally as a standalone treatment. Antidepressants have been found to be useful in treating depression although combined therapy with psychotherapy was found to be more effective. The clinical information submitted for review failed to provide recent psychiatric or psychological notes which would indicate whether the patient is currently receiving psychotherapy in addition to his prescription for citalopram. Additionally, the patient's outcome on this medication was not provided; therefore, it is unknown whether the patient has received significant benefit from this medication or whether there have been any side effects with its use. In the absence of this information, the request is not supported. As such, the request is non-certified.