

Case Number:	CM13-0049396		
Date Assigned:	12/27/2013	Date of Injury:	08/22/2011
Decision Date:	04/25/2014	UR Denial Date:	10/29/2013
Priority:	Standard	Application Received:	11/07/2013

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. The expert reviewer is Board Certified in Internal Medicine, Pulmonary Diseases and is licensed to practice in California. 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/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

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 53 year-old female with a date of injury noted on 08/22/2011 and the mechanism of injury was not provided in the medical records. The patient has had complaints of chronic neck pain since the injury. The patient's current diagnosis is postsurgical and sprain lumbar region. The medical documentation reviewed included diazepam 2mg every 8 hours as a current medication. The current treatment plan is for valium 5mg, # 90.

IMR ISSUES, DECISIONS AND RATIONALES

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

VALIUM 5MG, #90: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 24.

Decision rationale: The California MTUS guidelines indicate benzodiazepines are not recommended for long-term use because long-term efficacy is unproven and there is a risk of dependence. The guidelines indicate that the limit use is up to 4 weeks. Chronic benzodiazepines are the treatment of choice in very few conditions. The medical documentation provided does not

indicate the duration the patient has been on the medication and the necessity for the increased dosage. Therefore, the request for valium 5mg is not medically necessary.