

<b>Case Number:</b>	CM13-0062191		
<b>Date Assigned:</b>	12/30/2013	<b>Date of Injury:</b>	07/21/1995
<b>Decision Date:</b>	03/31/2014	<b>UR Denial Date:</b>	11/21/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/06/2013

### 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 Physical Medicine & Rehabilitation, has a subspecialty in Interventional Spine 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 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. 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:

This case involves a 67 year-old female with a 7/21/1995 industrial injury claim. On 11/21/13, UR recommended non-certification for therabenzaprine 5 caps/day and theraprofen 4 caps/day, based on the 10/16/13 report from [REDACTED]. According to the 10/16/13 report, the patient presents with total body pain, chronic fatigue, problems sleeping and morning gel phenomenon. The diagnoses was myalgia NOS, OA, and lumbago. Medications included Lunestra, Celebrex, lorazepam, Cymbalta, Lyrica, Sentraflox, Theratramadol, therabenzaprine, theraprofen, tramadol 15%.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Therabenzaprine 5 caps every day:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 63-66, 111-113. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG)

**Decision rationale:** The patient presents with total body pain. According to the 12/9/13 rheumatology supplemental report, the therabenzaprine and theraprofen are compounded

medications, containing the medical food theramine. Therabenzaprine also contains cyclobenzaprine and the theraprofen contains ibuprofen. On page 111, under topical analgesics, MTUS gives a general statement about compounded products: "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." ODG guidelines specifically state that Theramine is not recommended, and therefore any compounded product containing theramine would not be recommended. In the case for therabenzaprine, MTUS also states cyclobenzaprine is not recommended for use over 3 weeks. The request for therabenzaprine is not in accordance with MTUS and ODG guidelines.

**Theraprofen 4 caps every day:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 111-113. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG)

**Decision rationale:** The patient presents with total body pain. According to the 12/9/13 rheumatology supplemental report, the therabenzaprine and theraprofen are compounded medications, containing the medical food theramine. Therabenzaprine also contains cyclobenzaprine and the theraprofen contains ibuprofen. On page 111, under topical analgesics, MTUS gives a general statement about compounded products: "Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended." ODG guidelines specifically state that Theramine is not recommended, and therefore any compounded product containing theramine would not be recommended.