

Case Number:	CM14-0118294		
Date Assigned:	09/23/2014	Date of Injury:	06/21/2011
Decision Date:	11/20/2014	UR Denial Date:	07/08/2014
Priority:	Standard	Application Received:	07/28/2014

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 Orthopedic Surgery and is licensed to practice in Minnesota. 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 injured worker is a 40 years old female who injured her lower back by lifting a computer chair on 6/21/2011. She underwent laminectomy and fusion at L5-S1 but continues to experience pain. The disputed issue pertains to a prescription for Apptrim #120 which is an appetite suppressant. The documentation does not indicate her height and weight, body mass index, or information about diet and exercise.

IMR ISSUES, DECISIONS AND RATIONALES

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

Apptrim #120: Upheld

Claims Administrator guideline: Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Other Medical Treatment Guideline or Medical Evidence: Appetite Suppressants as Adjuncts for Weight Loss April 1, 2011. American Family Physician 83 (7)

Decision rationale: California MTUS and ODG do not address appetite suppression. The product information for Apptrim indicates that it is an appetite suppressant containing amino acids Tyrosine, Choline Bitartrate, 5 hydroxytryptophan, hydrolysed whey protein, histidine,

Serine, Glutamic acid, Grape seed extract, Caffeine, and Cocoa. Phenteramine and diethylpropion are the only appetite suppressants approved by the U.S. Food and Drug Administration. The efficacy of Appttrim is not established. Appetite suppressants should only be used as an adjunct to diet and an exercise program. The available documentation does not indicate the height and weight, BMI, attempts at dieting to control body weight, any regular active, self directed exercise program, and the rationale for using Appttrim. The request for Appttrim # 120 is therefore not medically necessary.