

Case Number:	CM14-0127313		
Date Assigned:	08/15/2014	Date of Injury:	11/09/2011
Decision Date:	10/21/2014	UR Denial Date:	08/04/2014
Priority:	Standard	Application Received:	08/12/2014

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 Occupational Medicine 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:

This is a 60 year old female with date of injury on 11/9/2011. The exact mechanism of the original injury was not clearly described. A progress reported dated 7/15/14 noted subjective complaints of bilateral knee pain right greater than left. Objective findings included decreased ROM knees bilaterally. Diagnostic Impression: osteoarthritis bilateral knees. Treatment to date includes medication management and arthroscopic surgery. A UR decision dated 8/4/14 denied the request for stress test. Based on lack of cardiac history or related symptoms, there is not an indication for pre-operative stress test. Routine stress testing before non-cardiac surgery is not indicated.

IMR ISSUES, DECISIONS AND RATIONALES

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

Stress test: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://www.guideline.gov/content.aspx?id=38289> (preoperative evaluation)

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: <http://www.ncbi.nlm.nih.gov/pubmed/12208444>

Decision rationale: The California MTUS and Official Disability Guidelines do not specifically address this issue. A review of medical literature suggests that to date, there are no well controlled trials in the literature that demonstrate an outcome benefit using stress testing as a screening procedure before non-cardiac surgery. Unless an outcome benefits from cardiac testing and procedures can be demonstrated in a properly designed trial, their use should generally be restricted to situations in which symptoms or other cardiac findings warrant cardiac evaluation and treatment, regardless of upcoming surgery. However, in the documents available for review, there are no documented symptoms consistent with cardiac disease. There is no indication for routine stress testing prior to knee surgery. Therefore, the request for stress test was not medically necessary.