MAXIMUS Federal Services

Case Number:	CM14-0129584		
Date Assigned:	08/20/2014	Date of Injury:	03/02/2012
Decision Date:	10/20/2014	UR Denial Date:	07/16/2014
Priority:	Standard	Application Received:	08/14/2014

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 Physical Medicine and Rehabilitation 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 49-year-old male with a 3/2/12 date of injury; the mechanism of the injury was not described. The patient was seen on 3/19/14. The progress note was not available for the review. There was no other documentation regarding the patient's case. The diagnosis is knee pain, knee osteoarthritis and status post left knee meniscus tear. Treatment to date: unknown. An adverse determination was received on 7/16/14 given that per ODG Guidelines the Plasma rich platelet (PRP) injections were under study and there were no long-term, well-designed studies that attested to the efficacy of that injections and it was unlikely that PRP injection would resolve the patient's meniscal and /or osteoarthritis conditions.

IMR ISSUES, DECISIONS AND RATIONALES

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

Platelet Rich Plasma Injection: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG Guidelines: Chapter: Knee and Platelet-rich plasma (PRP)

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Knee and Leg Chapter Platelet-rich plasma injections

Decision rationale: CA MTUS does not address this issue. ODG states that PRP injections for the knee are under study. This small study found a statistically significant improvement in all scores at the end of multiple platelet-rich plasma (PRP) injections in patients with chronic refractory patellar tendinopathy and a further improvement was noted at six months, after physical therapy was added. The clinical results were encouraging, indicating that PRP injections have the potential to promote the achievement of a satisfactory clinical outcome, even in difficult cases with chronic refractory tendinopathy after previous classical treatments have failed. There is a lack of documentation including the patient's medical records. In addition, there is no rationale with regards to the need for the PRP injections. Therefore, the request for Platelet rich plasma injection for the left knee is not medically necessary.