

Case Number:	CM14-0133352		
Date Assigned:	09/18/2014	Date of Injury:	02/11/2013
Decision Date:	10/16/2014	UR Denial Date:	08/19/2014
Priority:	Standard	Application Received:	08/20/2014

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, has a subspecialty in Pain Management 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 patient with a date of injury of 2/11/13. A utilization review determination dated 8/19/14 recommends modification of Functional Restoration Program (FRP) from 20 days to 10 days. 8/6/14 medical report identifies that the FRP multidisciplinary treatment team met with the patient to go over the findings and recommendations. The patient may continue to have chronic myofascial pain following the accident, but it will not damage his back or spine by performing any normal physical activity. There are no additional surgeries, injections, medications, or other techniques to eliminate the pain and the goal of treatment is to learn self-management and prevention/control of flare-ups so that he can return to work. He would like to return to work and is well-motivated. The recommendation was to begin with six visits of cognitive behavioral therapy. If he does well with the CBT, there may be a recommendation to proceed with the FRP. If he fails to respond to the initial six visits, further treatment will not be requested.

IMR ISSUES, DECISIONS AND RATIONALES

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

Functional Restoration Program 20 days: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 52.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 30-34 and 49 of 127.

Decision rationale: Regarding the request for Functional Restoration Program 20 days, California MTUS supports chronic pain programs/functional restoration programs when: Previous methods of treating chronic pain have been unsuccessful and there is an absence of other options likely to result in significant clinical improvement; The patient has a significant loss of ability to function independently resulting from the chronic pain; The patient is not a candidate where surgery or other treatments would clearly be warranted; The patient exhibits motivation to change, and is willing to forgo secondary gains, including disability payments to effect this change; & Negative predictors of success have been addressed. Treatment is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains. Within the medical information available for review, it was noted that there was a recommendation for 6 initial cognitive behavioral therapy sessions to help determine whether or not the patient would be likely to respond to the FRP treatment, but the response to these sessions was not documented. Furthermore, as treatment is not suggested for longer than 2 weeks without evidence of demonstrated efficacy as documented by subjective and objective gains, 20 days of treatment is not supported initially and, unfortunately, there is no provision for modification of the current request. In light of the above issues, the currently requested Functional Restoration Program 20 days is not medically necessary.