

Case Number:	CM14-0138511		
Date Assigned:	09/12/2014	Date of Injury:	12/20/2006
Decision Date:	10/21/2014	UR Denial Date:	08/11/2014
Priority:	Standard	Application Received:	08/27/2014

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 Anesthesiology, 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:

According to the records made available for review, this is a 61-year-old female with a 12/20/06 date of injury. At the time (7/21/14) of request for authorization for Zolpidem 12.5mg ER #30, 1/2 to 1 tab at bedtime, with 2 refills, there is documentation of subjective findings of disruption of sleep architecture secondary to pain and objective findings of decreased cervical and lumbar range of motion and tenderness over the bilateral trapezius and infrascapular muscles. The current diagnoses are lumbar radiculopathy and persistent insomnia. The treatment to date is medications including ongoing treatment with Zolpidem since at least 11/20/13. There is no documentation of short-term (less than two to six weeks) treatment; and functional benefit or improvement as a reduction in work restrictions; an increase in activity tolerance; and/or a reduction in the use of medications as a result of Zolpidem use to date.

IMR ISSUES, DECISIONS AND RATIONALES

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

Zolpidem 12.5mg ER #30, 1/2 to 1 tab at bedtime, with 2 refills: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines TWC Pain 2014

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chronic Pain

Chapter, Zolpidem Other Medical Treatment Guideline or Medical Evidence: Title 8, California Code of Regulations, section 9792.20

Decision rationale: MTUS does not address this issue. ODG identifies Ambien (zolpidem) as a prescription short-acting nonbenzodiazepine hypnotic, which is approved for the short-term (usually two to six weeks) treatment of insomnia. MTUS-Definitions identifies that any treatment intervention should not be continued in the absence of functional benefit or improvement as a reduction in work restrictions; an increase in activity tolerance; and/or a reduction in the use of medications or medical services. Within the medical information available for review, there is documentation of a diagnosis of lumbar radiculopathy and persistent insomnia. In addition, there is documentation of ongoing treatment with Zolpidem. However, given documentation of records reflecting prescriptions for Zolpidem since at least 11/20/13, there is no documentation of short-term (less than two to six weeks) treatment. Furthermore, there is no documentation of functional benefit or improvement as a reduction in work restrictions; an increase in activity tolerance; and/or a reduction in the use of medications as a result of Zolpidem use to date. Therefore, based on guidelines and a review of the evidence, the request for Zolpidem 12.5mg ER #30, 1/2 to 1 tab at bedtime, with 2 refills is not medically necessary.