

<b>Case Number:</b>	CM14-0146261		
<b>Date Assigned:</b>	09/12/2014	<b>Date of Injury:</b>	10/10/2013
<b>Decision Date:</b>	10/16/2014	<b>UR Denial Date:</b>	09/03/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/09/2014

### 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 Alabama. 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:

Male patient with an injury date of 10/10/13. He has an ongoing wrist pain and trigger finger affecting the left fourth digit. He has had injection to the hand and is awaiting orthopedic evaluation. Meanwhile on 6/18/14, it was recommended to him to have Diclofenac and Naproxen along with Omeprazole. The question of being on two NSAID has been raised and being reviewed here.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Diclofenac Sodium ER 100mg #60:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs Page(s): 67-73.

**Decision rationale:** As per the CA MTUS guidelines, NSAIDs are the traditional first line of treatment, to reduce pain so activity and functional restoration can resume, but long-term use may not be warranted. Although the use of NSAIDs is appropriate in this case, the concurrent use of Diclofenac and Naproxen together is not. This is due to significant increase in adverse effects profile and no clear evidence of increased efficacy from the use of two different NSAIDs

at the same time. Therefore, based on the CA MTUS guidelines and the medical records, this request is medically not necessary.