

<b>Case Number:</b>	CM14-0159740		
<b>Date Assigned:</b>	10/03/2014	<b>Date of Injury:</b>	12/01/2002
<b>Decision Date:</b>	10/30/2014	<b>UR Denial Date:</b>	09/18/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/29/2014

### 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 Texas. 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 injured worker is a 60 year old man involved in a work related injury from 12/1/02. The injured worker's diagnoses include pathology in the shoulder, as well as ulnar neuropathy, and elbow pain. The injured worker is using multiple medications including Motrin and request is made for Nexium.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Nexium 40mg 1 capsule daily, #30 with 1 refill for the management of symptoms related to the cervical spine, right shoulder, and right elbow:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 68.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs, GI symptoms & cardiovascular risk Page(s): 68.

**Decision rationale:** The injured worker is using Motrin, which is a non steroidal anti inflammatory medication. Clinical guidelines address when it is appropriate to add a proton pump inhibitor such as Nexium to an injured worker's treatment plan, noting, "Clinicians should weight the indications for non-steroidal anti-inflammatory drugs (NSAIDs) against both gastrointestinal (GI) and cardiovascular risk factors. Determine if the injured worker is at risk for

gastrointestinal events: (1) age > 65 years; (2) history of peptic ulcer, gastrointestinal (GI) bleeding or perforation; (3) concurrent use of aspirin (ASA), corticosteroids, and/or an anticoagulant; or (4) high dose/multiple non-steroidal anti-inflammatory drugs NSAID (e.g., non-steroidal anti-inflammatory drugs [NSAID] + low-dose aspirin [ASA]). Recent studies tend to show that H. Pylori does not act synergistically with non-steroidal anti-inflammatory drugs (NSAIDs) to develop gastroduodenal lesions. Recommendations: For injured workers with no risk factor and no cardiovascular disease, non-selective non-steroidal anti-inflammatory drugs (NSAIDs) are OK (e.g, ibuprofen, naproxen, etc.). For injured workers at intermediate risk for gastrointestinal events and no cardiovascular disease, (1) A non-selective NSAID with either a PPI (Proton Pump Inhibitor, for example, 20 mg omeprazole daily) or misoprostol (200 g four times daily) or (2) a Cox-2 selective agent. Long-term proton pump inhibitor (PPI) use (> 1 year) has been shown to increase the risk of hip fracture (adjusted odds ratio 1.44). For injured workers at high risk for gastrointestinal events with no cardiovascular disease, a Cox-2 selective agent plus a proton pump inhibitor (PPI) if absolutely necessary." The injured worker is not noted to be in this high risk group. There is no information about a diagnosis of gastroesophageal reflux disease (GERD) or other gastrointestinal pathology for which this drug might be needed. Given this, the request is not medically necessary.