

<b>Case Number:</b>	CM14-0162379		
<b>Date Assigned:</b>	10/07/2014	<b>Date of Injury:</b>	05/12/2008
<b>Decision Date:</b>	10/31/2014	<b>UR Denial Date:</b>	09/03/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/02/2014

### 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:

According to the records made available for review, this is a 68-year-old female with a 5/12/08 date of injury. At the time (7/30/14) of request for authorization for Flurbiprofen topical compound containing Capsaicin, Menthol, and Camphor in Alba-Derm cream, QTY: 120, there is documentation of subjective (right thumb pain) and objective (restricted right shoulder range of motion and positive Finkelstein's test on right thumb) findings, current diagnoses (cervical strain, status post bilateral shoulder arthroscopy, and right elbow sprain/strain), and treatment to date (physical therapy and medications (including ongoing treatment with Lido Keto cream with Flexeril and Flurbiprofen/Capsaicin/Menthol/camphor cream since at least 4/30/14). There is no documentation of osteoarthritis pain; short-term use (4-12 weeks); failure of an oral NSAID or contraindications to oral NSAIDs; 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 Flurbiprofen/Capsaicin/Menthol/camphor cream use to date.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Flurbiprofen Topical Compound Containing Capsaicin, Menthol, and Camphor in Alba-Derm Cream, QTY 120:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Non-Steroidal Anti-Inflammatory Agents (NSAIDs) Page(s): 111-112. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain, Topical analgesics Other Medical Treatment Guideline or Medical Evidence: Title 8, California Code of Regulations, section 9792.20

**Decision rationale:** MTUS Chronic Pain Medical Treatment Guidelines identifies documentation of osteoarthritis pain in joints that lend themselves to topical treatment (ankle, elbow, foot, hand, knee, and wrist) and short-term use (4-12 weeks), as criteria necessary to support the medical necessity of topical NSAIDs. ODG identifies documentation of failure of an oral NSAID or contraindications to oral NSAIDs. 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 diagnoses of cervical strain, status post bilateral shoulder arthroscopy, and right elbow sprain/strain. In addition, there is documentation of ongoing treatment with Flurbiprofen/Capsaicin/Menthol/Camphor cream. However, there is no documentation of osteoarthritis pain. In addition, given documentation of ongoing treatment with Flurbiprofen/Capsaicin/Menthol/camphor cream since at least 4/30/14, there is no documentation of short-term use (4-12 weeks). Furthermore, there is no documentation of failure of an oral NSAID or contraindications to oral NSAIDs. Lastly, 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 Flurbiprofen/Capsaicin/Menthol/camphor cream use to date. Therefore, based on guidelines and a review of the evidence, the request for Flurbiprofen Topical Compound Containing Capsaicin, Menthol, and Camphor in Alba-Derm Cream, QTY 120 is not medically necessary.