

<b>Case Number:</b>	CM14-0174922		
<b>Date Assigned:</b>	10/28/2014	<b>Date of Injury:</b>	08/17/2000
<b>Decision Date:</b>	12/04/2014	<b>UR Denial Date:</b>	10/03/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/22/2014

### 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 Medicine 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 the date of injury of August 17, 2000. A utilization review determination dated October 3, 2014 recommends noncertification of Lidoderm patch. A progress report dated August 14, 2014 identifies subjective complaint of upper extremity pain. The patient underwent trigger point injections with 80% reduction in pain. The current medication provides adequate relief. The note indicates that she has not received her Lidoderm patches. Current medications include Lidoderm, Flexeril, and Motrin. Physical examination findings identify tenderness over the left lateral epicondyle with minimal trigger points and mild tenderness of the right thumb base. There is also decreased grip strength in the left and decreased sensation in the left upper extremity. The patient has a positive Phalen's test on the left. Diagnoses include chronic pain syndrome, carpal tunnel syndrome status post release, ulnar nerve lesion status post-surgery, myalgia, trigger finger, neuralgia, lateral epicondylitis, and tenosynovitis. The note states that the patient's current medications are providing adequate relief and she is able to do activities of daily living independently. Lidoderm is recommended along with a stretching program. A progress report dated July 10, 2014 indicates that the patient was using Lidoderm. A progress report dated April 10, 2014 indicates that the patient was using Lidoderm.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Lidoderm (Lidocaine Patch 5%) times 30:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 56-57.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 8 C.C.R. 9792.20 - 9792.26 MTUS (Effective July 18, 2009) Page(s): 112 of 127.

**Decision rationale:** Regarding request for topical lidoderm, Chronic Pain Medical Treatment Guidelines recommend the use of topical lidocaine for localized peripheral pain after there has been evidence of a trial of the 1st line therapy such as tri-cyclic antidepressants, serotonin-norepinephrine reuptake inhibitor (SNRIs), or antiepileptic drugs. Within the documentation available for review, there is no indication that the patient has failed first-line therapy recommendations. Additionally, there is unclear documentation of analgesic efficacy and objective functional improvement. There is no documentation of reduction of pain score or specific examples of improved function as a result of this medication. Furthermore, there is no documentation indicating how efficacious this medication is independent of the others that the patient is currently taking. As such, the currently requested lidoderm is not medically necessary.