

<b>Case Number:</b>	CM14-0178896		
<b>Date Assigned:</b>	11/03/2014	<b>Date of Injury:</b>	12/03/2009
<b>Decision Date:</b>	12/08/2014	<b>UR Denial Date:</b>	10/23/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/28/2014

### 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 Internal 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:

The injured worker is a 59-year-old man who was involved in an industrial accident on December 3, 2009. The mechanism of injury was not documented in the medical record. The IW has a past medical history of hypertension with left ventricular hypertrophy and left atrial enlargement. The injured worker` has been diagnosed with essential hypertension, otherwise not specified. The most recent progress note in the medical record available for review was dated April 15, 2014. The injured worker` had several complaints including left knee pain; right wrist pain; center posterior back pain; center low back pain; hypertension; right shoulder pain; post traumatic anxiety and depression; and posterior right knee pain. There were no objective physical findings addressing the hypertension. Vital signs were not documented. The injured worker `was diagnosed with post-operative bilateral wrists; cervical herniated discs (multiple); thoracalgia; lumbar herniated disc (multiple); probable post traumatic hypertension; shoulder tenosynovitis bilateral; post-operative left knee surgery, failed; and post traumatic anxiety and depression. The injured worker it taking the following medications: Diovan; Tricor; Amlodipine; Metoprolol; Zolpidem; Furosemide; Omeprazole; Tizanidine; Buspirone; Vilazodone; Simvastatin; Gabapentin; Pro-Air; Aspirin; CoQ10; Fish Oil; Garlic; MSM; Kava Kava; Ginko Biloba; Vitamins; Temazepam; Prazosin; and Vicoprofen.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Diovan 160mg QTY 30 with 2 refills:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation The National Library of Medicine

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Diovan  
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a697015.html>

**Decision rationale:** Pursuant to Medline plus, Diovan 160 mg #30 with 2 refills is not medically necessary. Diovan is a drug used alone or in combination with other medications to treat high blood pressure. For additional details see attached link. In this case, it was no clear detail in the medical record as to why hypertensive medications are being requested and what specific objective findings in the medical records are being addressed to support these medications. There were two refills indicated and this questions what long-term management problem was being addressed. The medical documentation is unclear as to whether hypertension is related to an industrial injury or hypertension is a comorbid problem pre-dating the injury. Consequently, based on the documentation, the blood pressure medicine Diovan 160 mg #30 with two refills is not medically necessary.