

Case Number:	CM14-0093880		
Date Assigned:	07/25/2014	Date of Injury:	12/11/2001
Decision Date:	10/15/2014	UR Denial Date:	05/22/2014
Priority:	Standard	Application Received:	06/20/2014

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 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 45 year old female with a 12/11/2001 date of injury. The exact mechanism of the original injury was not clearly described. A progress reported dated 5/13/13 noted subjective complaints of worsening sleep quality. Objective findings included morbidly obese abdomen. CPAP titration was requested at that time to rule out obstructive sleep apnea. Diagnostic Impression: obesity, obstructive sleep apnea. The records noted a sleep study report dated 7/8/13 "remarkable for obstructive sleep apnea". Records also noted deterioration of sleep quality. Treatment to Date: none specified. A UR decision dated 5/22/14 denied the request for continuous positive airway pressure (CPAP) titration. There is insufficient information provided by the health care provider to establish the medical necessity for the requested CPAP titration.

IMR ISSUES, DECISIONS AND RATIONALES

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

Continuous positive airway pressure (CPAP) Titration: Overturned

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG Pulmonary

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Head Chapter - Sleep Aids Other Medical Treatment Guideline or Medical Evidence: AIMS guidelines for treatment with CPAP

Decision rationale: CA MTUS does not address this issue. Per the Strength of Evidence hierarchy established by the California Department of Industrial Relations, Division of Workers Compensation, Official Disability Guidelines (ODG) was used instead. ODG states that sleep aids are recommended. Depending on etiology, management strategies include, but are not limited to, extension of time in bed, naps, surgery, various medical devices (e.g., oral appliance, continuous positive airway pressure) and medication therapy. The AIMS guidelines for treatment with CPAP includes home or lab based sleep study that demonstrates one of the following: AHI (apnea/hypopnea index) greater than or equal to 15 or AHI 5-14 with any of the following: excessive daytime sleepiness, impaired cognition, mood disorders, insomnia, treatment-resistant hypertension (persistent hypertension in a patient taking three or more antihypertensive medications), ischemic heart disease, history of stroke; and determination of CPAP level. In this case, the patient was noted to have a history of sleep apnea. A search of online resources reveals that CPAP titration is determining the ideal CPAP pressure to alleviate apnea when polysomnography is diagnostic of sleep apnea. The records noted a sleep study report dated 7/8/13 "remarkable for obstructive sleep apnea". Records also noted deterioration of sleep quality. Therefore, the request for continuous positive airway pressure (CPAP) titration was medically necessary.