

Case Number:	CM14-0098550		
Date Assigned:	07/28/2014	Date of Injury:	07/08/2010
Decision Date:	09/16/2014	UR Denial Date:	06/03/2014
Priority:	Standard	Application Received:	06/26/2014

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 Geriatrics and is licensed to practice in New York. 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 man with a date of injury of 7/8/10. He was seen by his psychologist on 5/19/14 and reported improvement in his emotional condition with treatment. He had persistent pain and headaches that interfered with his ADLs and sleep. He felt sad, nervous and lonely and had trouble focusing, concentrating and remembering. His objective findings showed he had a sad and anxious mood, bodily tension and was close to tears while discussing limitations. His diagnosis was 'unchanged'. He was said to have made some progress towards treatment goals as evidenced by improved mood, social functioning and motivation with treatment. At issue in the treatment plan is relaxation training/hypnotherapy 2 sessions per month for 6 weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

(4) Relaxation Training / Hypnotherapy sessions (2 sessions per month for 6 Weeks):
Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions Page(s): 387-413.

Decision rationale: Regarding hypnotherapy, the majority of stress research has focused on stress management techniques for individuals. The psychology literature contains much information about meditation, relaxation techniques, and biofeedback for stress and anxiety, with considerable debate on the theories and mechanism of action (e.g., placebo, operant conditioning). This injured worker is already benefiting from his current psychology visits / therapy as he was said to have made progress towards treatment goals as evidenced by improved mood, social functioning and motivation with treatment. The records do not substantiate the medical need for the addition of relaxation training / hypnotherapy. Given the above the request is not medically necessary.