

Case Number:	CM14-0110743		
Date Assigned:	08/01/2014	Date of Injury:	07/31/2009
Decision Date:	06/22/2015	UR Denial Date:	07/10/2014
Priority:	Standard	Application Received:	07/16/2014

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. 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/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:

State(s) of Licensure: North Carolina

Certification(s)/Specialty: Family Practice

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 51 year old male with an industrial injury dated 07/31/2009. He states while digging with a shovel he hit a thick slab and developed severe pain in his right shoulder and right side of neck followed by a loss of range of motion in his right arm. His diagnoses included reflex sympathetic dystrophy of the upper limb, osteoarthritis involving shoulder region, cervicgia and cervical spondylosis without myelopathy. Prior treatments included trigger point injections (right shoulder) physical therapy, nonsteroidal anti-inflammatory medication and analgesics. Other treatments included surgery to the right shoulder (3/10 with 80% pain relief), medication to protect his stomach, cervical radiofrequency ablation, right cervical stellate ganglion block, psychiatry sessions and rotator cuff repair. He presents on 06/07/2014 with complaints of neck, shoulders and left arm pain. He is also complaining of bright red rectal bleeding for 2 weeks along with right upper quadrant abdominal pain times 3 weeks. He stated the bleeding had stopped. He had stopped taking non-steroidal anti-inflammatory drugs when he began having rectal bleeding. He rates pain at the time of the visit as 8/10. He relates pain relief with medication at 60%. Physical exam noted bowel sounds in all 4 quadrants with tenderness to palpation in right upper quadrant of abdomen. Upper extremity neuro exam was symmetric in bulk and tone. The provider documented the injured worker has been on the same medication for over a year and tolerance, as expected has occurred. The provider requests an increase in the morphine dose, continue spinal cord stimulator versus injection therapy discussion, follow up in 1 month, and follow up for gall bladder and rectal bleeding.

IMR ISSUES, DECISIONS AND RATIONALES

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

MS CONTIN 60MG #120: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines opioids.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines opioids
Page(s): 76-84.

Decision rationale: The California chronic pain medical treatment guidelines section on opioids states for ongoing management: On-Going Management. Actions Should Include: (a) Prescriptions from a single practitioner taken as directed, and all prescriptions from a single pharmacy. (b) The lowest possible dose should be prescribed to improve pain and function. (c) Office: Ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Pain assessment should include current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. Satisfactory response to treatment may be indicated by the patient's decreased pain, increased level of function, or improved quality of life. Information from family members or other caregivers should be considered in determining the patient's response to treatment. The 4 A's for Ongoing Monitoring: Four domains have been proposed as most relevant for ongoing monitoring of chronic pain patients on opioids: pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or non-adherent) drug-related behaviors. These domains have been summarized as the "4 A's" (analgesia, activities of daily living, adverse side effects, and aberrant drug taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework for documentation of the clinical use of these controlled drugs. (Passik, 2000) (d) Home: To aid in pain and functioning assessment, the patient should be requested to keep a pain diary that includes entries such as pain triggers, and incidence of end-of-dose pain. It should be emphasized that using this diary will help in tailoring the opioid dose. This should not be a requirement for pain management. (e) Use of drug screening or inpatient treatment with issues of abuse, addiction, or poor pain control. (f) Documentation of misuse of medications (doctor-shopping, uncontrolled drug escalation, drug diversion). (g) Continuing review of overall situation with regard to non-opioid means of pain control. (h) Consideration of a consultation with a multidisciplinary pain clinic if doses of opioids are required beyond what is usually required for the condition or pain does not improve on opioids in 3 months. Consider a psych consult if there is evidence of depression, anxiety or irritability. Consider an addiction medicine consult if there is evidence of substance misuse. When to Continue Opioids (a) If the patient has returned to work (b) If the patient has improved functioning and pain (Washington, 2002) (Colorado, 2002) (Ontario, 2000) (VA/DoD, 2003) (Maddox-AAPM/APS, 1997) (Wisconsin, 2004) (Warfield, 2004). The long-term use of this medication class is not recommended per the California MTUS unless there documented evidence of benefit with measurable outcome measures and improvement in function. There is no documented significant improvement in VAS scores. There are also no objective

measurements of improvement in function. Therefore, criteria for the ongoing use of opioids have not been met and the request is not medically necessary.