

Case Number:	CM14-0148440		
Date Assigned:	09/18/2014	Date of Injury:	01/03/2013
Decision Date:	03/24/2015	UR Denial Date:	08/19/2014
Priority:	Standard	Application Received:	09/12/2014

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: California, Indiana, New York
Certification(s)/Specialty: Internal Medicine

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 36 year old female, who sustained an industrial injury on January 3, 2013. She has reported left knee pain. The diagnoses have included pain in limb and knee tendinitis or bursitis. Treatment to date has included two viscosupplementation injections, MRI, x-rays, physical therapy, and topical pain and non-steroidal anti-inflammatory medication. On July 28, 2014, the treating physician noted left knee pain, which improved some after the second viscosupplementation injection. The injured worker was 5 feet 2 inches tall, weighed 157 pounds, and was somewhat muscular. The treatment plan included return to regular work activities, a more aggressive exercise program, and weight reduction to decrease the stress placed on the left knee. On August 19, 2014, Utilization Review non-certified a request for a weight loss program with [REDACTED] (3 months of [REDACTED] to reduce 30lbs.) noting the lack of clear documentation of failure to respond to prior treatments to address the weight issues. The Non-Medical Treatment Utilization Schedule (MTUS), Medical Disability Advisor guidelines, were cited.

IMR ISSUES, DECISIONS AND RATIONALES

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

Weight loss program with [REDACTED] (3 months of [REDACTED] to reduce 30 pounds): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Medical Disability Advisor by Presley Reed, MD, Obesity

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/123702-treatment>

Decision rationale: Pursuant to the peer-reviewed evidence-based guidelines, weight loss program with [REDACTED] (three months of [REDACTED] to reduce 30 pounds) is not medically necessary. Treatment of obesity starts with comprehensive lifestyle management, which includes self-monitoring of caloric intake and physical activity, goal setting, stimulus control, nonfood rewards, and relapse prevention see guidelines at the attached link for details. In this case, the injured worker's working diagnoses are pain in limb; and the tendinitis/bursitis. The injured worker's weight is 157 pounds and a height 5'2". The calculated BMI is 28.71. The injured worker falls in the overweight category but not in the obesity category. The documentation does not discuss any preliminary attempts at weight loss. There is no clinical rationale for the injured worker to attend a weight loss facility. Treatment of obesity starts with a comprehensive lifestyle management, which includes self-monitoring of caloric intake and physical activity, goal setting, stimulus control, etc. Consequently, the injured worker does not meet the criteria for a weight loss program and, as a result, weight loss program with [REDACTED] (three months of [REDACTED] to reduce 30 pounds) is not medically necessary.