

<b>Case Number:</b>	CM14-0204007		
<b>Date Assigned:</b>	12/16/2014	<b>Date of Injury:</b>	10/23/2006
<b>Decision Date:</b>	02/04/2015	<b>UR Denial Date:</b>	11/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	12/05/2014

### 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 Physical Medicine Rehab, has a subspecialty in Pain 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 48 year old female with an original date of injury on October 23, 2006. The industrially related diagnoses are chronic back pain, lumbar degenerative disease, depression, dysthymic disorder, and anxiety. The patient's medical treatment included Paxil 40 mg at bedtime, lorazepam 0.5mg BID as needed, and Effexor 75 mg every morning. The patient has noted considerable improvement with current medication regimen, notably decreased agitation and irritability, and improved sense of peacefulness. The patient was also taking Norco and muscle relaxants. The dispute issue is the request for cognitive behavior therapy 3 times a week for 12 weeks. A utilized sedation review on November 30, 2014 has modified this request for sessions of cognitive behavior therapy (2 sessions per week for 2 weeks). The rationale for modification was cognitive therapy is warranted in support of ongoing medication management. However, the quantity requested is not justified by the medical data, therefore, the number of sessions was modified from thirty six to four.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Cognitive Behavioral Therapy 3 x a week x 12 weeks:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Therapeutic Components. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Low Back, Cognitive Behavioral Therapy (CBT) Guidelines, Internet

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 100-102 of 127.

**Decision rationale:** Regarding the request for additional psychological treatment, Chronic Pain Medical Treatment Guidelines state that psychological evaluations are recommended. Psychological evaluations are generally accepted, well-established diagnostic procedures not only with selected using pain problems, but also with more widespread use in chronic pain populations. Psychosocial evaluations should determine if further psychosocial interventions are indicated. ODG states the behavioral interventions are recommended. Guidelines go on to state that an initial trial of 3 to 4 psychotherapy visits over 2 weeks may be indicated. With evidence of objective functional improvement, a total of up to 6 to 10 visits over 5 to 6 weeks may be required. Within the documentation available for review, it appears the patient has not undergone any previous cognitive behavior therapy. The request of 36 sessions of cognitive behavior therapy exceeds the amount recommended by the guidelines. Unfortunately, there is no provision for modification of the current request. Therefore, the currently requested psychological treatment is not medically necessary.