

Case Number:	CM14-0206707		
Date Assigned:	12/18/2014	Date of Injury:	04/06/1993
Decision Date:	02/06/2015	UR Denial Date:	11/25/2014
Priority:	Standard	Application Received:	12/10/2014

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 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 68 year-old patient sustained an injury on 4/6/1993 while employed by [REDACTED]. Request(s) under consideration include Tramadol HCL 50mg #100. Diagnoses include Elbow/forearm sprain NOS; bilateral wrist pain s/p bilateral carpal tunnel release; neuropathic pain; and bilateral upper extremity strain and sprain. Conservative care has included medications, therapy, and modified activities/rest. The patient continued to treat for chronic ongoing pain symptoms with opioids which was denied by peer review. Report of 10/16/14 noted unchanged symptom complaints and exam findings of well-healed scar in both wrists; tenderness in wrists/hands and forearms; range was painful but within normal limits with equivocal Tinel's and Phalen's; diffuse tenderness of forearm/elbow; no edema and erythema; normal elbow range; decreased grip strength. Treatment included paraffin wax; medications; patient remained P&S. Follow-up report of 12/8/14 from the provider noted continued pain in bilateral upper extremities rated at 7-8/10 with burning; been using Paraffin wax and Voltaren Gel along with Ultram. The request(s) for Tramadol HCL 50mg #100 was non-certified on 11/25/14 citing guidelines criteria and lack of medical necessity.

IMR ISSUES, DECISIONS AND RATIONALES

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

Tramadol HCL 50mg quantity 100: 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): 74-96.

Decision rationale: The request is for Tramadol HCL 50mg #100. Per the MTUS Guidelines cited, opioid use in the setting of chronic, non-malignant, or neuropathic pain is controversial. Patients on opioids should be routinely monitored for signs of impairment and use of opioids in patients with chronic pain should be reserved for those with improved functional outcomes attributable to their use, in the context of an overall approach to pain management that also includes non-opioid analgesics, adjuvant therapies, psychological support, and active treatments (e.g., exercise). Submitted documents show no evidence that the treating physician is prescribing opioids in accordance to change in pain relief, functional goals with demonstrated improvement in daily activities, decreased in medical utilization or change in functional status. There is no evidence presented of random drug testing or utilization of pain contract to adequately monitor for narcotic safety, efficacy, and compliance. The MTUS provides requirements of the treating physician to assess and document for functional improvement with treatment intervention and maintenance of function that would otherwise deteriorate if not supported. From the submitted reports, there is no demonstrated evidence of specific functional benefit derived from the continuing use of opioids with persistent severe pain for this chronic injury without acute flare, new injury, or progressive deterioration. The Tramadol HCL 50mg #100 is not medically necessary and appropriate.