

<b>Case Number:</b>	CM14-0056746		
<b>Date Assigned:</b>	07/09/2014	<b>Date of Injury:</b>	09/24/1998
<b>Decision Date:</b>	01/28/2015	<b>UR Denial Date:</b>	04/04/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/28/2014

### 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 patient sustained an injury on 9/24/1998 while employed by [REDACTED]. Request(s) under consideration include Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14. Report from the provider noted chronic ongoing symptoms of hand numbness, tingling, and weakness; numbness from the torso to the hips; intermittent neck pain radiating to her right shoulder down right upper extremity with occasional morning stiffness. Exam showed unchanged findings of swelling at base of the hands; motor strength of 5-/5 on left and 5/5 on right upper extremity; and bilateral tibial edema. Treatment plan was to continue with medications. The request(s) for Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14 were modified for weaning on 4/4/14 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:

**Retrospective Lorcet Plus 7.5/650mg #90 Date of Service DOS 01-24-2014:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 91.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 74-96.

**Decision rationale:** This patient sustained an injury on 9/24/1998 while employed by [REDACTED] [REDACTED]. Request(s) under consideration include Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14. Report from the provider noted chronic ongoing symptoms of hand numbness, tingling, and weakness; numbness from the torso to the hips; intermittent neck pain radiating to her right shoulder down right upper extremity with occasional morning stiffness. Exam showed unchanged findings of swelling at base of the hands; motor strength of 5-/5 on left and 5/5 on right upper extremity; and bilateral tibial edema. Treatment plan was to continue with medications. The request(s) for Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14 were modified for weaning on 4/4/14. 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 Retrospective Lorcet Plus 7.5/650mg #90 Date of Service DOS 1-24-14 is not medically necessary.

**Retrospective Soma 350 mg #60 Date of Service DOS 01-24-2014:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Carisoprodol (Soma) Page(s): 29.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Carisoprodol (Soma) Page(s): 29.

**Decision rationale:** This patient sustained an injury on 9/24/1998 while employed by [REDACTED] [REDACTED]. Request(s) under consideration include Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14. Report from the provider noted chronic ongoing symptoms of hand numbness, tingling, and weakness; numbness from the torso to the hips; intermittent neck pain radiating to her right shoulder down right upper extremity with occasional morning stiffness. Exam showed unchanged findings of swelling at base of the hands; motor strength of 5-/5 on left and 5/5 on right upper extremity; and bilateral tibial edema. Treatment plan was to continue with medications. The request(s) for Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma

350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14 were modified for weaning on 4/4/14. Per MTUS Chronic Pain Guidelines on muscle relaxant, Soma is not recommended for mild to moderate chronic persistent pain problems including chronic pain (other than for acute exacerbations) due to the high prevalence of adverse effects in the context of insufficient evidence of benefit as compared to other medications. Guidelines do not recommend long-term use of this muscle relaxant for this chronic injury of 1998. Additionally, the efficacy in clinical trials has been inconsistent and most studies are small and of short duration. These medications may be useful for chronic musculoskeletal pain, but there are no long-term studies of their effectiveness or safety. Submitted reports have not adequately demonstrated the indication or medical need for this treatment and there is no report of significant clinical findings, acute flare-up or new injury to support for its long-term use. There is no report of functional improvement resulting from its previous treatment to support further use as the patient remains unchanged. The Retrospective Soma 350 mg #60 Date of Service DOS 1-24-14 is not medically necessary.

**Retrospective Xanax 0.50mg #30 Date of Service 01-24-2014:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepine Page(s): 24.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Benzodiazepine Page(s): 24.

**Decision rationale:** This patient sustained an injury on 9/24/1998 while employed by [REDACTED] [REDACTED] Request(s) under consideration include Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14. Report from the provider noted chronic ongoing symptoms of hand numbness, tingling, and weakness; numbness from the torso to the hips; intermittent neck pain radiating to her right shoulder down right upper extremity with occasional morning stiffness. Exam showed unchanged findings of swelling at base of the hands; motor strength of 5-/5 on left and 5/5 on right upper extremity; and bilateral tibial edema. Treatment plan was to continue with medications. The request(s) for Retrospective Lorcet Plus 7.5/650mg #90, Retrospective Soma 350 mg #60, and Retrospective Xanax 0.50mg #30 Date of Service 1-24-14 were modified for weaning on 4/4/14. Xanax (Alprazolam) is indicated for the management of anxiety disorder. Anxiety or tension associated with the stress of everyday life usually does not require treatment with an anxiolytic. Alprazolam is an anti-anxiety medication in the benzodiazepine family which inhibits many of the activities of the brain as it is believed that excessive activity in the brain may lead to anxiety or other psychiatric disorders. Per the Chronic Pain Treatment Guidelines, benzodiazepines are not recommended for long-term use because long-term efficacy is unproven and there is a risk of dependence. Most guidelines limit use to 4 weeks as chronic benzodiazepines are the treatment of choice in very few conditions and tolerance to hypnotic effects develops rapidly. Additionally, submitted reports have not demonstrated clear functional benefit of treatment already rendered. The Retrospective Xanax 0.50mg #30 Date of Service 1-24-14 is not medically necessary.