

Case Number:	CM14-0088757		
Date Assigned:	07/23/2014	Date of Injury:	06/09/2013
Decision Date:	06/02/2015	UR Denial Date:	06/06/2014
Priority:	Standard	Application Received:	06/12/2014

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: Iowa, Illinois, Hawaii

Certification(s)/Specialty: Preventive Medicine, Occupational Medicine, Public Health & General Preventive 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 42 year old male, who sustained an industrial injury on 6/9/13. He reported pain in the back, bilateral shoulders, bilateral legs, bilateral knees, bilateral arms, bilateral wrists and bilateral hands. The injured worker was diagnosed as having right lateral epicondylitis rule out tendon injury, bilateral knee pain and mechanical symptoms rule out meniscal tear, bilateral shoulder pain and dysfunction impingement and bursitis, and status post right knee arthroscopy partial medial and lateral meniscectomy and synovectomy on 4/10/14. Treatment to date has included physical therapy, acupuncture, a right knee lidocaine and Kenalog injection, and medications. A physician's report dated 4/9/14 noted shoulder pain was rated as 8/10, knee pain was rated as 7/10, and right elbow pain was rated as 7/10. Currently, the injured worker complains of right knee pain and bilateral shoulder pain. The treating physician requested authorization for retrospective Ibuprofen 800mg #60 for the date of service 5/21/14.

IMR ISSUES, DECISIONS AND RATIONALES

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

Retrospective request for 1 prescription of Ibuprofen 800mg, #60 5/21/14: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
Ibuprofen: NSAID's, GI Symptoms and Cardiovascular Risks.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
Ibuprofen, NSAIDs Page(s): 67-72.

Decision rationale: MTUS recommends the use of NSAIDS for the acute exacerbation of back pain at the lowest effective dose for the shortest amount of time due to the increased cardiovascular risk, renal, hepatic and GI side effects associated with long-term use. MTUS states "Ibuprofen (Motrin, Advil [otc], generic available): 300, 400, 600, 800 mg. Dosing: Osteoarthritis and off-label for ankylosing spondylitis: 1200 mg to 3200 mg daily. Individual patients may show no better response to 3200 mg as 2400 mg, and sufficient clinical improvement should be observed to offset potential risk of treatment with the increased dose. Higher doses are generally recommended for rheumatoid arthritis: 400-800 mg PO 3-4 times a day, use the lowest effective dose. Higher doses are usually necessary for osteoarthritis. Doses should not exceed 3200 mg/day. Mild pain to moderate pain: 400 mg PO every 4-6 hours as needed. Doses greater than 400 mg have not provided greater relief of pain". The medical records provided indicate this patient has been on Ibuprofen since at least 6/2013. The treating physician did not document a decrease in pain or functional improvement from the use of Ibuprofen. As such, the request for Retrospective request for 1 prescription of Ibuprofen 800mg, #60 5/21/14 is not medically necessary.