

<b>Case Number:</b>	CM15-0010625		
<b>Date Assigned:</b>	01/28/2015	<b>Date of Injury:</b>	02/27/2014
<b>Decision Date:</b>	03/18/2015	<b>UR Denial Date:</b>	01/14/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	01/20/2015

### 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

Certification(s)/Specialty: Psychologist

### 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 (IW) is a 19 year old male who sustained an industrial injury on 02/27/2014 when he amputated his right index finger at the DIP with a meat saw. Middle and index fingers were also injured. The diagnoses have included amputation of 2-3 fingers on the right hand, post-traumatic stress disorder, and adjustment disorder with anxiety and depression. Treatment to date has included surgical monitoring of the healing process. He has seen the psychologist on two visits, and has had occupational therapy for the hand. He is on modified work duty. On 01/14/2015 Utilization Review modified a request for individual psychotherapy, quantity 8, noting the client is supported in an initial trial of 2-4 individual psychotherapy visits over 2 weeks and with evidence of functional improvement, a total of 6-10 individual visits over 5-6 weeks. Non- MTUS, ACOEM Guidelines, Official Disability Guidelines (ODG) Cognitive Behavioral Therapy (CBT) were cited. On 01/14/2015 Utilization Review non-certified a request for English language classes, 3 hrs a day for 5 days. No citations were made, but it was stated that there was no evidence for this type of request as it is not considered to be a medical treatment. On 01/20/2015, the injured worker submitted an application for IMR for review of the non-certified items.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Individual psychotherapy, quantity 8: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Cognitive Behavioral Therapy (CBT)

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Mental Illness and Stress Chapter

**Decision rationale:** Based on the review of the medical records, the injured worker completed an initial psychological evaluation with [REDACTED] in December 2014. In that report, [REDACTED] recommended follow-up psychotherapy sessions, for which the request under review is based. The ODG recommends an "initial trial of 6 visits over 6 weeks" for the treatment of PTSD. Unfortunately, the request for an initial 8 sessions exceeds the cited recommendations and is therefore, not medically necessary.

**English language classes, 3 hrs a day for 5 days: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Mental Illness and Stress Chapter

**Decision rationale:** Based on the review of the medical records, the injured worker is experiencing psychological symptoms related to his industrial accident in February 2014. Although education is recommended regarding diagnosis and symptom management, particularly for PTSD, education regarding language classes is unrelated to the injured worker's injury and not medically necessary.