

Case Number:	CM15-0010853		
Date Assigned:	01/28/2015	Date of Injury:	11/10/2006
Decision Date:	03/18/2015	UR Denial Date:	01/15/2015
Priority:	Standard	Application Received:	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 56 year old female injured worker suffered an industrial injury on 11/10/2006. The diagnoses were sprain of the neck, major depression and pain disorder with psychological factors. The diagnostics were psychological testing 6/18/2014. The treatments were individual psychotherapy sessions. The treating provider reported difficulty sleeping, tearful and withdrawn. The Utilization Review Determination on 1/15/2015 non-certified psychology consultation, 4 units of psychological testing, and 3 units of subsequent psychological testing citing ACOEM, chapter 15 and Official Disability Guidelines, mental illness and stress.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychology consultation: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines
 Psychological Evaluations Page(s): 100-101.

Decision rationale: The injured worker has been receiving psychological services. Given the fact that a psychological evaluation with testing has already been conducted, it is unclear why another psychology consultation is being requested. Although psychological evaluations are recommended by the MTUS, an additional psychology consultation is not necessary at this time. As a result, the request for a psychological consultation is not medically necessary.

Psychology testing x 4: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Evaluations Page(s): 100-101.

Decision rationale: The injured worker has been receiving psychological services. Given the fact that a psychological evaluation with testing has already been conducted, it is unclear why additional testing is being requested. Many psychologists offer brief objective tests throughout the course of treatment to determine any progress of services, but this is optional and can be included within the typical services being offered. Although psychological evaluations/testing are recommended by the MTUS, additional testing is not necessary at this time. As a result, the request for 4 units of psychological testing is not medically necessary.

Subsequent psychology testing x 3: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Psychological Evaluations Page(s): 100-101.

Decision rationale: The injured worker has been receiving psychological services. Given the fact that a psychological evaluation with testing has already been conducted, it is unclear why additional testing is being requested. Many psychologists offer brief objective tests throughout the course of treatment to determine any progress of services, but this is optional and can be included within the typical services being offered. Although psychological evaluations/testing are recommended by the MTUS, additional testing is not necessary at this time. As a result, the request for a subsequent 3 units of psychological testing is not medically necessary.