

Case Number:	CM15-0011712		
Date Assigned:	01/29/2015	Date of Injury:	11/24/2003
Decision Date:	03/24/2015	UR Denial Date:	01/07/2015
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: Physical Medicine & Rehabilitation

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 64 year old female, who sustained an industrial injury on November 24, 2003. She has reported back pain. The diagnoses have included mechanical low back pain, discogenic low back pain, post laminectomy syndrome, chronic pain syndrome and lumbar sacral spinal stenosis. Treatment to date has included holistic medicine, X-rays, laminectomy, discectomy, physical therapy, Transcutaneous Electrical Nerve Stimulation (TENS) unit and oral medication. Currently, the IW complains of low back pain with occasional radiation to hips and legs. Treatment includes oral medication. On January 7, 2015 utilization review non-certified a request for Zorvolex 35mg #90, noting high risk of cardiovascular event. The Official Disability Guidelines (ODG) was utilized in the determination. Application for independent medical review (IMR) is dated January 12, 2015.

IMR ISSUES, DECISIONS AND RATIONALES

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

Zorvolex 35mg #90: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines NSAIDs (non-steroidal anti-inflammatory drugs), Page 22.

Decision rationale: Anti-inflammatories are the traditional first line of treatment, to reduce pain so activity and functional restoration can resume, but long-term use may not be warranted. Monitoring of NSAID's functional benefit is advised as per Guidelines, long-term use of NSAIDS beyond a few weeks may actually retard muscle and connective tissue healing and increase the risk of hip fractures. Available reports submitted have not adequately addressed the indication to continue a NSAID for a chronic injury nor have they demonstrated any functional efficacy derived from treatment already rendered. The Zorvolex 35mg #90 is not medically necessary and appropriate.