

Case Number:	CM15-0012216		
Date Assigned:	01/29/2015	Date of Injury:	09/20/2012
Decision Date:	03/18/2015	UR Denial Date:	01/02/2015
Priority:	Standard	Application Received:	01/21/2015

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 is a 37 year old female, who sustained an industrial injury on September 20, 2012. The diagnoses have included depressive disorder, alcohol dependence in remission, posttraumatic stress disorder, diagnosis deferred on Axis II. Treatment to date has included psychiatric inpatient hospitalization at least twice. In a progress note dated December 22, 2014, the treating provider reports positive, optimistic mood and no depression evident. On January 2, 2015 Utilization Review non-certified a psychotherapy six sessions, and psych status report one every six weeks, noting, was Official Disability Guidelines cited.

IMR ISSUES, DECISIONS AND RATIONALES

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

Psychotherapy 6 sessions: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Psychotherapy ODG

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 Dr. [REDACTED] on 11/3/2014. In that report, Dr. [REDACTED] recommended an initial trial of 6 psychotherapy visits. It is assumed that those visits occurred as there are two subsequent PR-2 reports dated 12/22/2014 and 1/19/2015. However, the PR-2 reports are almost duplicates to the 11/3/14 report with only some information revised. There is no documentation regarding how many psychotherapy sessions have been completed to date nor the objective functional improvements that have been made as a result of the completed sessions. Without this information, the need for any additional psychotherapy treatment cannot be fully determined. As a result, the request for an additional 6 sessions of psychotherapy is not medically necessary.

Psych status report 1 every 6 weeks: 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: Although the request under review is not for a psychological evaluation, the CA MTUS guideline regarding psychological evaluations is the closest guideline to a psychological status report. Based on the review of the medical records, the injured worker completed an initial psychological evaluation with Dr. [REDACTED] on 11/3/2014. In that report, Dr. [REDACTED] recommended an initial trial of 6 psychotherapy visits. It is assumed that those visits occurred as there are two subsequent PR-2 reports (psych status reports) dated 12/22/2014 and 1/19/2015. However, the PR-2 reports are almost duplicates to the 11/3/14 report with only some information revised. There is no information provided to substantiate the need for any additional psychological services. Without any additional psychological services, there is no need for any psych status report. As a result, the request for a psych status report 1 every 6 weeks is not medically necessary.