MAXIMUS Federal Services

Case Number:	CM15-0012902		
Date Assigned:	01/30/2015	Date of Injury:	06/30/2013
Decision Date:	03/18/2015	UR Denial Date:	01/08/2015
Priority:	Standard	Application Received:	01/22/2015

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 female patient who sustained an industrial injury on 06/30/2013. A primary treating office visit dated 12/22/2014 reported subjective complaints of low back pain noted as less intense after epidural on 12/09/2014, but there's still radiating pain down the left leg. She complained of weakness and numbness to bilateral feet along with difficulty walking. She also had complaints of difficulty sleeping, severe depression, weight gain, difficulty urinating and stress incontinence. Objective findings showed lumbar spine tenderness and pain, muscle spasms and antalgia. Limited range of motion accompanied with pain. Positive straight leg raise bilaterally at 40 degrees. She is found with sciatic notch pain radiating into bilateral lower extremities. There is also diffuse weakness to bilateral legs and bilateral feet. She is diagnosed with herniated lumbar disc with lower extremity radiculopathy;degenerative disc disease with antalgia; urological problem, depression, anxiety & stress and difficutly sleeping. On 01/08/2015 Utilization Review non-certified a request for bilateral electromyeography study and Tramadol 37.5/325, noting the ACOEM Chapter 12, Specific Diagnositc Consideration and CA MTUS Tramadol were cited. The injured worker submitted an application for independent medical review of services.

IMR ISSUES, DECISIONS AND RATIONALES

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

Tramadol 37.5/325mg #60: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines Opoids, page(s) 74-96.

Decision rationale: Per the MTUS Guidelines cited, opioid use in the setting of chronic, non-malignant, or neuropathic pain is controversial. Patients on opioids should be routinely monitored for signs of impairment and use of opioids in patients with chronic pain should be reserved for those with improved functional outcomes attributable to their use, in the context of an overall approach to pain management that also includes non-opioid analgesics, adjuvant therapies, psychological support, and active treatments (e.g., exercise). Submitted documents show no evidence that the treating physician is prescribing opioids in accordance to change in pain relief, functional goals with demonstrated improvement in daily activities, decreased in medical utilization or change in functional status. There is no evidence presented of random drug testing or utilization of pain contract to adequately monitor for narcotic safety, efficacy, and compliance. The MTUS provides requirements of the treating physician to assess and document for functional improvement with treatment intervention and maintenance of function that would otherwise deteriorate if not supported. From the submitted reports, there is no demonstrated evidence of specific functional benefit derived from the continuing use of opioids with persistent severe pain for this chronic injury without acute flare, new injury, or progressive deterioration. The Tramadol 37.5/325mg #60 is not medically necessary and appropriate.