

Case Number:	CM15-0014353		
Date Assigned:	02/03/2015	Date of Injury:	01/29/2010
Decision Date:	03/24/2015	UR Denial Date:	01/13/2015
Priority:	Standard	Application Received:	01/26/2015

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: Massachusetts

Certification(s)/Specialty: Physical Medicine & Rehabilitation, Pain Management

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 male, who sustained an industrial injury on 01/29/2010. On provider visit dated 10/17/2014 the injured worker has reported numbness and tingling sensation of hands and that shoots up the arms. The diagnoses have included status post carpal tunnel release right wrist, status post left carpal tunnel release left wrist and status post lumbar spine laminectomy/micro discectomy. Treatment to date has included physical therapy, electrogram/nerve conduction studies and medication. On 01/13/2015 Utilization Review non-certified Prinvil 20mg #120 and Tenormin 25mg#120. The ODG were cited.

IMR ISSUES, DECISIONS AND RATIONALES

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

Prinvil 20mg #120: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines Diabetes (Type 1, 2, and Gestational) Hypertension treatment

Decision rationale: The claimant is more than five years status post work-related injury with treatments including bilateral carpal tunnel release surgery and lumbar laminectomy. He has a past medical history of hypertension. Treatment notes document elevated blood pressures as high as 149/108. The claimant is morbidly obese. The claimant is more than five years status post work-related injury with treatments including bilateral carpal tunnel release surgery and lumbar laminectomy. He has a past medical history of hypertension. Treatment notes document elevated blood pressures as high as 149/108. The claimant is morbidly obese. Guidelines recommend consideration of medications for the treatment of hypertension after lifestyle (diet and exercise) modifications are unsuccessful. An ACE inhibitor such as Prinivil would then be considered as a first-line medication. In this case, a failure of lifestyle modifications is not documented. Therefore, based on the information provided, the medical necessity of Prinivil is not established.

Tenormin 25mg #120: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines Diabetes (Type 1, 2, and Gestational) Hypertension treatment

Decision rationale: The claimant is more than five years status post work-related injury with treatments including bilateral carpal tunnel release surgery and lumbar laminectomy. He has a past medical history of hypertension. Treatment notes document elevated blood pressures as high as 149/108. The claimant is morbidly obese. Guidelines recommend consideration of medications for the treatment of hypertension after lifestyle (diet and exercise) modifications are unsuccessful. A beta blocker such as Tenormin would be a consideration after trying medications from the calcium channel blocker and thiazide diuretic classes. In this case, a failure of lifestyle modifications or of the recommended second or third add on medications is not documented. Therefore, based on the information provided, the medical necessity of Tenormin is not established.