

<b>Case Number:</b>	CM15-0114193		
<b>Date Assigned:</b>	06/22/2015	<b>Date of Injury:</b>	02/11/2015
<b>Decision Date:</b>	07/27/2015	<b>UR Denial Date:</b>	05/27/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/12/2015

### 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: Maryland, Texas, Virginia

Certification(s)/Specialty: Internal Medicine, Allergy and Immunology, Rheumatology

### CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

This 37 year old female sustained an industrial injury to the right finger on 2/11/15. The injured worker underwent closed reduction with percutaneous pinning of right ring finger proximal phalanx fracture on 2/11/15 and open reduction internal fixation right ring finger fracture on 2/27/15. The injured worker received postoperative occupational therapy, splinting and medications. On 4/17/15, the injured worker underwent pin removal and extensor tenolysis right ring finger. In a progress note dated 5/18/15, the injured worker continuing significant stiffness in the right finger with soreness to the right wrist. Physical exam was remarkable for tenderness to palpation at the right wrist with full range of motion, right ring finger with decreased range of motion and no significant improvement occupational therapy passive range of motion as well as mild contracture to the right ring finger joint. Current diagnoses included status post open reduction internal fixation right ring finger proximal phalanx fracture. The treatment plan included continuing occupational therapy three times a week for four weeks, a dynasplint and Voltaren gel.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Voltaren gel, TID to the affected areas:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines topical analgesics Page(s): 111-112.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics Page(s): 111-113. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain, Compound creams.

**Decision rationale:** MTUS and ODG recommends usage of topical analgesics as an option, but also further details "primarily recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed". The medical documents do not indicate failure of antidepressants or anticonvulsants. MTUS states, "There is little to no research to support the use of many of these agents. Any compounded product that contains at least one drug (or drug class) that is not recommended is not recommended". Voltaren (Diclofenac) (Recommended for OA) MTUS specifically states for Voltaren Gel 1% (diclofenac) that it "Indicated for relief of osteoarthritis pain in joints that lend themselves to topical treatment (ankle, elbow, foot, hand, knee, and wrist). It has not been evaluated for treatment of the spine, hip or shoulder". Medical records do not indicate that the patient is being treated for osteoarthritis pain in the joints. Additionally, the records indicate that the treatment area would be for a repair finger fracture with no other previous therapy offered. As such, the request for Voltaren gel, TID to the affected areas is not medically necessary.