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| Case Number: | CM15-0114304 | | |
| Date Assigned: | 06/22/2015 | Date of Injury: | 09/08/2011 |
| Decision Date: | 07/21/2015 | UR Denial Date: | 06/09/2015 |
| Priority: | Standard | Application Received: | 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: 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 38 year old male, who sustained an industrial injury on September 8, 2011. Treatment to date has included medication, topical analgesics, TENS unit, and home exercise. Currently, the injured worker complains of cool, achy pain in the right foot and cool, left shoulder pain due to weather changes. He reports his Lidopro is helpful in managing his pain and he has been performing home exercise program regularly. He has decreased range of motion of the left shoulder. The diagnoses associated with the request include anoxic brain damage, second degree burn of multiple sites, shoulder tendinitis and tenosynovitis. The treatment plan includes continued Ambien, Corrective concepts lotion, Lidopro ointment for topical analgesic, continued home exercise program and TENS unit, and Latisse solution for the scalp.

IMR ISSUES, DECISIONS AND RATIONALES

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

Lidopro cream 121gm: 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 (1) Medications for chronic pain, p60 (2) Topical Analgesics, p111-113.

Decision rationale: The claimant sustained a work injury in September 2011 and continues to be treated for right foot and left shoulder pain. When seen, he was only using topical analgesics medication. He was regularly performing a home exercise program. There was decreased left shoulder range of motion and skin changes over the chest and upper extremities from a prior injury. The claimant has used TENS since at least April 2014. LidoPro (capsaicin, lidocaine, menthol and methyl salicylate ointment) is a compounded topical medication. Menthol and methyl salicylate are used as a topical analgesic in over the counter medications such as Ben-Gay or Icy Hot. They work by first cooling the skin then warming it up, providing a topical anesthetic and analgesic effect which may be due to interference with transmission of pain signals through nerves. MTUS addresses the use of capsaicin, which is recommended as an option in patients who have not responded or are intolerant to other treatments. Guidelines recommend that when prescribing medications only one medication should be given at a time. By prescribing a multiple combination medication, in addition to the increased risk of adverse side effects, it would not be possible to determine whether any derived benefit is due to a particular component. There are other topical analgesics that could be considered in treating the claimant's condition. LidoPro was not medically necessary.

TENS patches x 2: Overturned

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 TENS, chronic pain (transcutaneous electrical nerve stimulation) Page(s): 114.

Decision rationale: The claimant sustained a work injury in September 2011 and continues to be treated for right foot and left shoulder pain. When seen, he was only using topical analgesics medication. He was regularly performing a home exercise program. There was decreased left shoulder range of motion and skin changes over the chest and upper extremities from a prior injury. The claimant has used TENS since at least April 2014. LidoPro (capsaicin, lidocaine, menthol and methyl salicylate ointment) is a compounded topical medication. Menthol and methyl salicylate are used as a topical analgesic in over the counter medications such as Ben-Gay or Icy Hot. They work by first cooling the skin then warming it up, providing a topical anesthetic and analgesic effect which may be due to interference with transmission of pain signals through nerves. MTUS addresses the use of capsaicin, which is recommended as an option in patients who have not responded or are intolerant to other treatments. Guidelines recommend that when prescribing medications only one medication should be given at a time. By prescribing a multiple combination medication, in addition to the increased risk of adverse side effects, it would not be possible to determine whether any derived benefit is due to a particular component. There are other topical analgesics that could be considered in treating the claimant's condition. LidoPro was not medically necessary. TENS is used for the treatment of chronic pain. TENS is thought to disrupt the pain cycle by delivering a different, non-painful sensation to the skin around the pain site. It is a noninvasive, cost effective, self-directed modality. In terms of the pads, there are many factors that can influence how long they last such as how often and for how long they are used. Cleaning after use and allowing 24 hours for drying is recommended with rotation of two sets of electrodes. Properly cared for, these electrodes should last from 1-3 months at a minimum. In this case, the claimant already uses

TENS and the fact the pads need to be replaced is consistent with its continued use and efficacy. The quantity being requested is appropriate and can be considered medically necessary.