

Case Number:	CM15-0115016		
Date Assigned:	06/23/2015	Date of Injury:	04/11/2014
Decision Date:	07/27/2015	UR Denial Date:	05/15/2015
Priority:	Standard	Application Received:	06/16/2015

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: Pennsylvania
 Certification(s)/Specialty: Internal Medicine

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 50 year old male who sustained an industrial injury on April 11, 2014. He reported left hip pain. The injured worker was diagnosed as having articular cartilage disorder, pelvic region and thigh, status post left hip arthroscopy and left foot pain due to abnormal gait status post left hip arthroscopy. Treatment and evaluation to date has included diagnostic studies, radiographic imaging, surgical intervention of the left hip, medications and work restrictions. Currently, the injured worker complains of continued left hip pain and left plantar foot pain following surgical intervention of the hip. The injured worker reported an industrial injury in 2014, resulting in the above noted pain. He was treated conservatively and surgically without complete resolution of the pain. Evaluation on January 14, 2015, revealed continued pain as noted. It was noted he had improvements in hip pain intensity however continued to experience an abnormal gait causing plantar pain in the left foot. It was noted he was in significant pain and had peeled the skin from the foot secondary to the abnormal gait pattern. The left hip surgical incision site was noted as well healed. Physical therapy was continued. Evaluation on February 25, 2015, revealed continued pain as noted. It was reported he was experiencing some depression secondary to pain. He rated his pain at a 6 on a 1-10 scale with 10 being the worst. Current medications were continued including Norco noted to decrease the pain by 50%. Terocin lotion was dispensed as a trial. Evaluation on March 13, 2015, revealed continued pain as noted. He continued to rate the pain at a 6 on a 1-10 scale. He reported numbness along the anterior left thigh without weakness. It was noted the pain increased with activities, sitting and walking and was relieved with pain medications. Urinary

drug screen was noted as negative. Terocin was noted to be helpful in progress notes from March and April 2015. An appeal request from May 1, 2015 states that the injured worker continues to benefit from Terocin, which allows him to go longer between norco and sleep better at night. Work status was noted as temporarily totally disabled in the progress notes in February, March, and April 2015. Terocin lotion, quantity of two was requested.

IMR ISSUES, DECISIONS AND RATIONALES

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

Terocin lotion, quantity of two: Upheld

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

MAXIMUS guideline: Decision based on MTUS Chronic Pain Treatment Guidelines salicylate topicals p. 104, Topical Analgesics p. 111-113 Page(s): 104, 111-113. Decision based on Non- MTUS Citation UpToDate: camphor and menthol: drug information In UpToDate, edited by Ted. W. Post, published by UpToDate in Waltham, MA, 2015.

Decision rationale: Per the MTUS, topical analgesics are recommended for neuropathic pain when trials of antidepressants and anticonvulsants have failed. If any compounded product contains at least one drug or drug class that is not recommended, the compounded product is not recommended. Per the manufacturer, Terocin lotion contains Methyl Salicylate 25%, Menthol 10%, Capsaicin 0.025%, and Lidocaine 2.5%. Topical salicylates are recommended for use for chronic pain and have been found to be significantly better than placebo in chronic pain. Topical lidocaine in the form of the Lidoderm patch is indicated for neuropathic pain. The MTUS does not recommend topical lidocaine other than Lidoderm patch for neuropathic pain. Capsaicin is recommended as an option in patients who have not responded or are intolerant to other treatments. Capsaicin alone in the standard formulation readily available OTC may be indicated for some patients. The indication in this case is unknown, as the patient has not failed adequate trials of other treatments. The MTUS and ODG are silent with regard to menthol. It may be used for relief of dry, itchy skin. This agent carries warnings that it may cause serious burns. In this case, there was no documentation of trial and failure of antidepressant or anticonvulsant medication. As the form of topical lidocaine present in this compounded topical product is not recommended, the compound is not recommended. Although the physician noted some benefit from use of Terocin, there was no noted objective improvement in pain from one visit to the next during the trial period for the Terocin lotion. The injured worker rated the pain at a 6 on a 1-10 scale during the visit when Terocin lotion was prescribed and again rated the pain at a 6 on a 1-10 scale the following visit. There was no noted improvement in activity level, no change in work status and no noted functional gains during the trial period of Terocin lotion. For these reasons, the request for Terocin lotion is not medically necessary.