

<b>Case Number:</b>	CM15-0115456		
<b>Date Assigned:</b>	06/23/2015	<b>Date of Injury:</b>	09/19/1998
<b>Decision Date:</b>	07/28/2015	<b>UR Denial Date:</b>	06/10/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	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: California

Certification(s)/Specialty: Psychologist

### 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 63-year-old female, who sustained an industrial injury on 9/19/98. She reported initial complaints of low back injury. The injured worker was diagnosed as having lumbago, ill-defined condition NEC; mononeuritis arm NOS; cervicgia. Treatment to date has included FRP and medications. Currently, the PR-2 notes dated 5/27/15 indicated the injured worker returns after an 8 weeks rehabilitation program during which she got off of her OxyContin and Valium. She still has pain but does not seem to be any worse off than before she left. She has lost some weight, stopped drinking and planning to go to AA meetings in 90 days. She enjoyed the benefit of swimming in rehab and going to the gym locally every day. Her medications is down to gabapentin 300mg 2 in morning and 3 at night, but plans are to discontinue the day dose as it makes her too "spacey". She is also taking 3 Advil at a time but it is not helping. She also takes trazadone 50mg at night, doxepin and Lisinopril. On 5/21/15 is a discharge summary indicating the injured worker "had completed 10 weeks of a functional restoration program (FRP) and detoxification treatment for disabling chronic neck and lower back pain syndrome and opiate dependence". This note demonstrates the injured worker fully completed the opiate detoxification, functional restoration, and CBT and relapse prevention. She was discharged in good spirits and in a much-improved condition from admission. She now enters the follow-up aftercare phase of the FRP process. The provider is requesting a referral for ongoing counseling and maintenance.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Referral for ongoing counseling and maintenance:** Upheld

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

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Behavioral Interventions Page(s): 23.

**Decision rationale:** Based on the review of the medical records, the injured worker recently completed an FRP. The request under review is for maintenance psychotherapy following her discharge from the program. Although maintenance psychotherapy following a discharge from an FRP is recommended in order to maintain the goals made within the program, the request for "referral for ongoing counseling and maintenance" remains too vague as it does not indicate the number of sessions being requested. As a result, the request is not medically necessary. It is suggested that future requests be more specific regarding the number of sessions requested and the duration of time for which the sessions are to occur. It is noted that the injured worker did receive a modified authorization for 6 psychotherapy sessions in response to this request.