

Case Number:	CM15-0116187		
Date Assigned:	06/24/2015	Date of Injury:	05/28/2014
Decision Date:	07/24/2015	UR Denial Date:	05/19/2015
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: California

Certification(s)/Specialty: Emergency 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 patient who sustained an industrial injury on 03/28/2014. The accident was described as while working kneeling on his right knee, let knee bent pulling a hose and pushed upwards experiencing a knife like sensation into the left knee. He also was with complaint of right ankle pain after tripping during the above incident. He was diagnosed with left knee sprain with torn left medial meniscus; sprain right ankle and prior sprain left ankle; exogenous obesity. The patient was given Motrin and recommended to lose 20 pounds then undergo left knee arthroscopy. A recent primary treating office visit dated 05/11/2015 reported the patient with subjective complaint of having painful left knee that still catches. He still weighs more than 400 pounds and is unable to lose weight on his own. He also fights with diabetes control. He takes his medications daily as prescribed and is unable to work due to unavailability of modified work. Objective assessment found the patient limping with crepitus and medial joint line tenderness. There is also a positive medial McMurray's with guarding. He is diagnosed with torn let medial meniscus and is to remain off from work for three months. At a follow up dated 03/31/2015, that patient noted losing 3 pounds and objective assessment unchanged. The treating diagnoses and the subjective complaint also unchanged. The patient is to remain off from work duty for 6 weeks with the recommendation to undergo weight loss surgery.

IMR ISSUES, DECISIONS AND RATIONALES

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

Outpatient weight loss program: Upheld

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

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG: Diabetes: Lifestyle (diet & exercise) modifications ODG: Knee and leg: Exercise.

Decision rationale: MTUS Chronic pain and ACOEM Guidelines do not have any sections that relate to this topic. MTUS ACOEM only has basic information concerning exercise. As per Official Disability Guidelines weight loss and exercise is recommended. However, none of these is considered medical therapies. Provider has failed to document any information concerning what patient has been doing concerning weight loss. Provider's notes are poor and very brief. There is no documentation concerning amount of exercise or dietary changes that has been attempted by patient or any discussion concerning these issues. The request is also vague with no documentation of type or program or number/length of program. "Trying to lose weight" is a statement with no validity and does not support request for "outpatient weight loss program". This request is not medically necessary.