

<b>Case Number:</b>	CM15-0119384		
<b>Date Assigned:</b>	06/29/2015	<b>Date of Injury:</b>	02/25/2013
<b>Decision Date:</b>	08/04/2015	<b>UR Denial Date:</b>	06/11/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/19/2015

### 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 26-year-old male patient who sustained an industrial injury on 02/25/2013. Of note, the worker did have prior workers compensation claim back on 07/12/2012 involving his back, respiratory system and psyche. This current accident was described as while working regular duty as a steam plant assistant he encountered injury as he fell 3 feet off a ladder onto an asphalt pavement. The first report of illness dated 02/17/2014 reported the patient with subjective complaint of having had fallen from a ladder that did not have anti-skid coating resulting in injury of pain to include psychological limitations and anxiety and depression. He was diagnosed with major depressive disorder, single episode, moderate; generalized anxiety disorder; insomnia related to above and chronic pain; stress related physiological response affecting gastrointestinal tract, high blood pressure and headaches.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Medical hypnotherapy/relaxation training 1 x 6:** Upheld

**Claims Administrator guideline:** Decision based on MTUS ACOEM Chapter 15 Stress Related Conditions. Decision based on Non-MTUS Citation Official Disability Guidelines Mental Illness & Stress, Hypnosis; Cognitive Therapy for PTSD.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness and Stress Chapter; Hypnotherapy.

**Decision rationale:** Based on the review of the medical records, the injured worker completed an initial psychological evaluation with [REDACTED] on 3/11/14. In that report, [REDACTED] recommended follow-up psychological services including group psychotherapy and hypnotherapy for which the injured worker began. It is unclear from the records as to the number of completed sessions to date. The most recent progress report (April 2015) included for review fails to offer this information. Additionally, there is limited information about progress and improvements. The note simply indicates that the injured worker has demonstrated "some improvements towards current treatment goals as evidenced by patient reports of improved mood, ability to cope, and positive thinking with treatment." The ODG recommends the use of hypnotherapy and suggests that the "number of visits be contained within the total number of psychotherapy visits." In regards to psychotherapy, the ODG recommends "up to 13-20 visits over 7-20 weeks (individual sessions), if progress is being made." Without enough information regarding neither the number of completed sessions nor the specific progress made from those sessions, the request for an additional 6-hypnotherapy sessions is not medically necessary.