

<b>Case Number:</b>	CM15-0121083		
<b>Date Assigned:</b>	07/01/2015	<b>Date of Injury:</b>	07/03/2010
<b>Decision Date:</b>	07/31/2015	<b>UR Denial Date:</b>	06/15/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	06/23/2015

### 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: 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 53 year old male, who sustained an industrial injury on 7/3/10. The injured worker was diagnosed as having benign prostatic hypertrophy, retention of urine, and nocturia. Treatment to date has included medication. The injured worker had been taking Terazosin since at least 12/12/14 and Finasteride since at least 3/12/15. Currently, the injured worker complains of nocturia. The treating physician requested authorization for Terazosin 2mg #30 with 3 refills and Finasteride 5mg #30 with 3 refills.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Terazosin 2mg quantity 30 with three refills:** Overturned

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.ncbi.nlm.nih.gov/pubmed/12519611>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation [http://www.uptodate.com/contents/terazosin-drug-informationsource=search\\_result&search=terazosin+adult&selectedTitle=1~26#F225480](http://www.uptodate.com/contents/terazosin-drug-informationsource=search_result&search=terazosin+adult&selectedTitle=1~26#F225480).

**Decision rationale:** Regarding the request for Terazosin, California MTUS guidelines and ODG do not contain criteria for the use of this medication. A search of an evidence-based online database states Terazosin is indicated in the treatment for hypertension and BPH. Within the submitted documentation, the patient has a history of BPH associated with urinary retention and nocturia. As such, continuing use of Terazosin is indicated and is medically necessary.

**Finasteride 5mg quantity 30 with three refills:** Overturned

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://www.ncbi.nlm.nih.gov/pubmed/20927745>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation [http://www.uptodate.com/contents/finasteride-drug-information?source=search\\_result&search=finasteride+adult&selectedTitle=1~50#F171279](http://www.uptodate.com/contents/finasteride-drug-information?source=search_result&search=finasteride+adult&selectedTitle=1~50#F171279).

**Decision rationale:** Regarding the request for Finasteride, California MTUS guidelines and ODG do not contain criteria for the use of this medication. A search of an evidence-based online database states Finasteride can be used in the treatment of symptomatic benign prostatic hyperplasia (BPH); can be used in combination with an alpha-blocker. Within the submitted documentation, the patient has a history of BPH associated with urinary retention and nocturia. As such, continuing use of Finasteride is indicated and is medically necessary.