MAXIMUS Federal Services

Case Number:	CM15-0125261		
Date Assigned:	07/09/2015	Date of Injury:	02/22/2013
Decision Date:	08/05/2015	UR Denial Date:	06/03/2015
Priority:	Standard	Application Received:	06/29/2015

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: North Carolina
Certification(s)/Specialty: Family Practice

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 40 year old male, who sustained an industrial injury on 2/22/13. The injured worker was diagnosed as having stress, anxiety, and depression. Treatment to date has included psychiatric treatment and medication including Trazodone. Currently, the injured worker complains of neck pain, bilateral shoulder pain, low back pain, and bilateral ankle pain. The treating physician requested authorization for like skill training with a specialist.

IMR ISSUES, DECISIONS AND RATIONALES

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

Life skill training with a specialist: Upheld

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/3998158.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation NIH, life skill training.

Decision rationale: The California MTUS, ODG and the ACOEM do not specifically address the requested service. The NIH study on formal life skill training did not show significant overall improvement in all phases of study for patients receiving this service. This included psychosocial functioning. This patient does have several psychological diagnoses but a lack of

efficacy and lack of failure of more traditional therapy option makes the request not medically necessary and not certified.