

Case Number:	CM15-0127536		
Date Assigned:	07/14/2015	Date of Injury:	02/28/2005
Decision Date:	08/10/2015	UR Denial Date:	06/25/2015
Priority:	Standard	Application Received:	07/01/2015

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, Indiana, New York
 Certification(s)/Specialty: Internal 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 56 year old male who sustained an industrial injury on 2/28/05. Diagnoses are depressive disorder not otherwise specified with anxiety and psychological factors affecting medical condition. In a progress report dated 2/23/15, a treating physician notes subjective complaints of depression, changes in appetite, sleep disturbance, lack of motivation, excessive worry, restlessness, tension, difficulty falling asleep, changes in weight, decreased energy, inability to relax, pressure, difficulty staying asleep, erectile dysfunction, pessimism, diminished self esteem, chest pain, palpitations, nausea, and early morning awakening. Objective findings are that he presented casually as soft spoken with depressed facial expressions, visible anxiety and emotional withdrawal. There was functional improvement in that he became less depressed, isolated, defensive, irritable and less fatigued. In a comprehensive report of 8/5/11, he was found to be permanent and stationary at a marked degree of permanent mental and behavioral impairment significantly impeding useful functioning. Prescriptions dated 5/28/15 are for Ambien 10mg, 1 each night with 2 refills and for Viagra 100mg 1 a day, 6 units with 2 refills. In a 5/28/15 progress report, the physician notes depression, changes in appetite, lack of motivation, difficulty getting to sleep, difficulty staying asleep, early morning awakening, excessive worry, restlessness, tension, agitation, inability to relax, pressure, pessimism, and weight gain. Stress-related medical cluster is noted as tension headache, muscle tension, erectile dysfunction, peptic acid reaction, and constipation. Improved symptoms and functions are noted as he can sleep better, gets along better, has increased interest in activities, is less depressed and

less nervous. The requested treatment is Ambien 10mg #30 with 2 refills and Viagra 100mg 6 units with 2 refills.

IMR ISSUES, DECISIONS AND RATIONALES

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

Ambien 10mg #30 with 3 refills,: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines, Pain Chapter (online version) Zolpidem (Ambien).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Pain section, Ambien.

Decision rationale: Pursuant to the Official Disability Guidelines, Ambien 10 mg #30 with three refills is not medically necessary. Ambien (zolpidem) is a short acting non-benzodiazepine hypnotic recommended for short-term (7-10 days) treatment of insomnia. While sleeping pills, so-called minor tranquilizers, and anti-anxiety agents are commonly prescribed in chronic pain, pain specialists rarely recommend them for will use. They can be habit forming and may impair function and memory more than opiates. The dose for Ambien and women should be lowered from 10 mg to 5 mg for immediate release products and from 12.5 mg to 6.25 mg for extended-release products (Ambien CR). In this case, the injured worker's working diagnoses are depression, anxiety, and sleep disorder. The date of injury is February 28, 2005. The request for authorization is May 28, 2015. The injured worker has been followed by psychiatry as far back as 2011. In 2011 the injured worker was documented to have sleep difficulties and anxiety. In a progress note dated December 11, 2014, injured worker's complaints included sexual dysfunction and back pain. Medications include Buspar, Wellbutrin, Seroquel, Ambien and Viagra. The duration for erectile dysfunction is not documented in the medical record. There was no urologic workup in the medical record. There were no testosterone levels. According to the May 28 2015 progress note, there was no documentation of improved sleep. It was no objective functional improvement noted. Additionally, Ambien is recommended for short-term (7-10 days). The treating provider continued Ambien, at a minimum, for five months. The exact start date is unclear from the documentation under review. Consequently, absent clinical documentation with objective functional improvement and continuation of Ambien in excess of five months (guidelines recommend less than two weeks), Ambien 10 mg #30 with three refills is not medically necessary.

Viagra 100mg #6 with 2 refills: 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/pubmedhealth/PMHT0012114/?report=details>.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://www.nlm.nih.gov/medlineplus/druginfo/meds/a699015.html>.

Decision rationale: Pursuant to Medline plus, Viagra 100 mg #6 with two refills is not medically necessary. Sildenafil (Viagra) is used to treat erectile dysfunction (impotence; inability to get or keep an erection) in men. Sildenafil (Revatio) is used to improve the ability to exercise in adults with pulmonary arterial hypertension (PAH; high blood pressure in the vessels carrying blood to the lungs, causing shortness of breath, dizziness, and tiredness). Children should not usually take sildenafil, but in some cases, a doctor may decide that sildenafil (Revatio) is the best medication to treat a child's condition. Sildenafil is in a class of medications called phosphodiesterase (PDE) inhibitors. Sildenafil treats erectile dysfunction by increasing blood flow to the penis during sexual stimulation. This increased blood flow can cause an erection. Sildenafil treats PAH by relaxing the blood vessels in the lungs to allow blood to flow easily. In this case, the injured worker's working diagnoses are depression, anxiety, and sleep disorder. The date of injury is February 28, 2005. The request for authorization is May 28, 2015. The injured worker has been followed by psychiatry as far back as 2011. In 2011 the injured worker was documented to have sleep difficulties and anxiety. In a progress note dated December 11, 2014, injured worker's complaints included sexual dysfunction and back pain. Medications include Buspar, Wellbutrin, Seroquel, Ambien and Viagra. The duration for erectile dysfunction is not documented in the medical record. There was no urologic workup in the medical record. There were no testosterone levels. According to the May 28 2015 progress note, there was no documentation of improved sexual dysfunction. There was no objective functional improvement noted. Additionally, Ambien is recommended for short-term (7 - 10 days) use. The treating provider continued Ambien, at a minimum, for five months. The exact start date is unclear from the documentation under review. Consequently, absent clinical documentation of erectile dysfunction workup and evidence of objective functional improvement, Viagra 100 mg #6 with two refills is not medically necessary.