

Case Number:	CM15-0128496		
Date Assigned:	07/14/2015	Date of Injury:	03/29/2010
Decision Date:	08/25/2015	UR Denial Date:	06/17/2015
Priority:	Standard	Application Received:	07/02/2015

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: Pennsylvania

Certification(s)/Specialty: Internal Medicine, Hospice & Palliative 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 a work related injury March 29, 2010. While working as a greens man and set decorator, he was carrying a tree with another worker when he experienced low back pain. He was treated with physical therapy, medication, and epidural injections. Surgery was recommended but declined. Past history included diabetes mellitus, hypertension, obesity, and left knee surgery in 1978. According to an initial primary treating physician's evaluation report, dated May 26, 2015, the injured worker was diagnosed with both diabetes and hypertension after suffering with frequent urination sometime in 2012. He was started on oral medication, which has recently been replaced with two different kinds of insulin for better glycemic control; Novolog Flex Pen and Levemir insulin once per day. There has also been difficulty with blood pressure control and medication has been adjusted several times. The physician reports a 75 pound weight loss in the past year with his maximum weight of 370 pounds. Physical examination reveals height 76" and 281 pounds. Laboratory results dated May 20, 2015; glucose 356, hemoglobin A1c 13.2%, sodium 133. Diagnostic impressions are orthopedic injuries; hypertension; diabetes (poor control); dyspnea on exertion; hyperlipidemia; probable sleep apnea; nocturia. At issue, is the request for authorization for Novolog Flex Pen.

IMR ISSUES, DECISIONS AND RATIONALES

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

Novolog flex pen 90 units sq twice per day (3 month supply) 4 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 (ODG).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation McCulloch DK, et al. Insulin therapy in type 2 diabetes mellitus. Topic 1801, version 17.0. Up-to-date, accessed 08/21/2015.

Decision rationale: The MTUS Guidelines are silent on this issue. Insulin can be used to control blood sugar levels in those with type 2 diabetes mellitus whose sugar levels remain uncontrolled despite treatment with diet adjustments, exercise, weight loss if appropriate, and oral medications. The submitted and reviewed records reported the worker suffered from diabetes mellitus, among other issues. These records demonstrated the worker's sugar levels were not well-controlled, both through documentation of home monitoring and blood testing results, despite being aggressively treated with oral medication, insulin therapy, intentional weight loss through dietary monitoring, and attempts at other lifestyle changes. However, the high number of requested refills would not take into account changes in the worker's care needs. For these reasons, the current request for 90 units of Novolog flex pen to be taken subcutaneously twice daily (a three-month supply) with four refills is not medically necessary.