

<b>Case Number:</b>	CM15-0128498		
<b>Date Assigned:</b>	07/31/2015	<b>Date of Injury:</b>	02/19/2002
<b>Decision Date:</b>	09/02/2015	<b>UR Denial Date:</b>	06/19/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	07/06/2015

### 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: New York

Certification(s)/Specialty: Pediatrics, 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 48 year old, male who sustained a work related injury on 2-19-02. The symptoms at that time were shoulder and low back pain. The diagnoses have included diabetes mellitus, dyslipidemia and obesity. Treatments have included medications, diet and exercise. In the PCC Ambulatory Encounter Record dated 6/3/15, the injured worker reports he has not started taking atorvastatin yet. The provider states he cannot find the prescription copy so he doesn't know if the injured worker got the new prescription. The injured worker reports he went to physical therapy and is doing range of motion exercises. He has not noticed any improvement in right arm/shoulder pain. He states he has been watching his blood sugars and his diet. He brought a record which shows steady improvement and control. He has been doing more physical activity and has had a 9 pound weight loss. Current weight is 273 pounds. His latest lab values are: Hemoglobin A1C=8.2, total cholesterol=280 and LDL=194. He is working regular duty. The treatment plan includes rewriting for a prescription for atorvastatin.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Atorvastatin 40mg #90 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, Diabetes, Statins.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Diabetes chapter, Statins.

**Decision rationale:** Per the ODG, statin drugs are "not recommended as a first-line treatment for diabetics. Patients with DM (diabetes mellitus) should be screened for dyslipidemia, and therapeutic recommendations should include lifestyle changes and, as needed, consultation with a registered dietitian. Statins may be a treatment in the absence of contraindications, but recent studies have associated increased risk of DM with use of all types of statins." "Taking a statin can raise blood sugar and HbA1c levels, according to a new labeling change approved by the FDA for the entire drug class." Atorvastatin (Lipitor) is a common statin drug used for dyslipidemia. This injured worker has been diagnosed with diabetes mellitus and dyslipidemia. There is no evidence of lifestyle change instruction or attempt with recheck of lipids. Additionally, since this medication is not recommended as a first-line treatment for diabetics, the requested treatment of atorvastatin is not medically necessary.