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| Case Number: | CM15-0162081 | | |
| Date Assigned: | 10/19/2015 | Date of Injury: | 09/08/2007 |
| Decision Date: | 12/02/2015 | UR Denial Date: | 08/04/2015 |
| Priority: | Standard | Application Received: | 08/19/2015 |

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, District of Columbia, Maryland
 Certification(s)/Specialty: Anesthesiology, 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 51 year old female who sustained an industrial injury on 9-8-07. The medical records indicate that the injured worker is being treated for lumbar spine sprain-strain; lumbalgia-lumbar intervertebral disc; lumbar spine stenosis; sciatica; degenerative disc disease, lumbar; low back pain; facet arthropathy, lumbar; radiculopathy, lumbosacral region; anxiety major depressive disorder. She currently (7-27-15) complains of an acute flare-up of low back pain radiating to bilateral lower extremities with weakness and a pain level of 9 out of 10. She denies side effects. On physical exam of the lumbar spine there was tenderness to palpation, decreased range of motion with flexion and extension; tense cervical paravertebral muscles with muscle spasm. Treatments included medications: omeprazole, LidoPro, ibuprofen, Norco (since at least 2-19-15 with a pain level of 9 out of 10 unchanged from 7-27-15 note), Valium, Toradol, camphor-menthol gel; transcutaneous electrical nerve stimulator unit with benefit; psychotherapy; physical therapy with good benefit; heat and ice with some improvement; acupuncture without benefit; chiropractic therapy with benefit; epidural steroid injections times 2 with benefit of less than 1 week. The request for authorization dated 7-27-15 was for Norco 10-325mg #90 with 1 refill. On (8-4-15) Utilization Review non-certified the request for Norco 10-325mg #90 with 1 refill.

IMR ISSUES, DECISIONS AND RATIONALES

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

Norco 10/325mg #90 Refill 1: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009.

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids, criteria for use.

Decision rationale: Per MTUS Chronic Pain Medical Treatment Guidelines p78 regarding ongoing management of opioids "Four domains have been proposed as most relevant for ongoing monitoring of chronic pain patients on opioids: Pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or nonadherent) drug related behaviors. These domains have been summarized as the "4 A's" (Analgesia, activities of daily living, adverse side effects, and any aberrant drug-taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework for documentation of the clinical use of these controlled drugs." Review of the available medical records reveals no documentation to support the medical necessity of Norco or any documentation addressing the 4 A's domains, which is a recommended practice for the on-going management of opioids. Specifically; the notes do not appropriately review and document pain relief, functional status improvement, appropriate medication use, or side effects. The MTUS considers this list of criteria for initiation and continuation of opioids in the context of efficacy required to substantiate medical necessity, and they do not appear to have been addressed by the treating physician in the documentation available for review. Furthermore, efforts to rule out aberrant behavior (e.g. CURES report, UDS, opiate agreement) are necessary to assure safe usage and establish medical necessity. There is no documentation comprehensively addressing this concern in the records available for my review. As MTUS recommends to discontinuing opioids if there is no overall improvement in function, medical necessity cannot be affirmed. The request is not medically necessary.