

<b>Case Number:</b>	CM15-0162145		
<b>Date Assigned:</b>	08/28/2015	<b>Date of Injury:</b>	07/24/2013
<b>Decision Date:</b>	11/10/2015	<b>UR Denial Date:</b>	08/06/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	08/18/2015

### 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

Certification(s)/Specialty: Physical Medicine & Rehabilitation, 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 was a 33 year old male, who sustained an industrial injury, July 24, 2013. According to progress note of May 20, 2015, the injured worker's chief complaint was bilateral elbows, bilateral wrists and bilateral hands. The injured worker rated the pain at 7 out of 10. The injured worker was awaiting surgery on the ulnar transposition surgery. The injured worker was currently sleeping 6-7 hours at night. On July 1, 2015, the injured worker continued to rate the pain at 7 out of 10. The surgery had been denied. The injured was subdued and irritable in mood and affect. The injured worker's blood pressure was 152 over 103 with a pulse of 102. The injured worker was undergoing treatment for bilateral carpal tunnel syndrome, lesion of the ulnar nerve, bilateral cubital tunnel syndrome, anxiety and hypertension. The injured worker previously received the following treatments: random urine toxicology studies were negative for any unexpected findings, protonix, Voltaren, Ultram ER, Xanax, Remeron, HCTZ 0.25mg once a day for blood pressure, Aspirin and Ibuprofen. A progress report dated August 6, 2015 indicates that the patient's blood pressure is controlled with no chest pain, palpitations, or shortness of breath. Blood pressure is 121/81 with a heart rate of 71. The note dated July 1, 2015 indicates that the patient checks his blood pressure on a regular basis with an average blood pressure of 152/105 with occasional spikes to 190/117. The RFA (request for authorization) dated July 1, 2015; the following treatments were requested HTN profile (urine microalbumin, CMP (comprehensive metabolic panel), CBC with diff (complete blood cell count with differential), Thyroid studies of TSH, T3 and T4 and lipid profile. The UR (utilization review board) denied certification on August 6, 2015, due to not medically necessary.

## IMR ISSUES, DECISIONS AND RATIONALES

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

### **HTN Profile (urine microalbumin):** Overturned

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile urine microalbumin. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested urine microalbumin is medically necessary.

### **HTN Profile (CMPR):** 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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile CMPR. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, and others. Within the documentation available for review, it is unclear what CMPR is. A comprehensive metabolic panel is already covered in an additional request, making it unclear exactly what is being requested here. In the absence of clarity regarding that issue, the currently requested CMPR is not medically necessary.

### **HTN Profile (CMC with diff):** 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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile CMC with diff. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, and others. Within the documentation available for review, it is unclear what CMC with diff is. A complete blood count is already covered in an additional request, making it unclear exactly what is being requested here. In the absence of clarity regarding that issue, the currently requested CMC with diff is not medically necessary.

**HTN Profile (TSH):** Overturned

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile TSH. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested TSH is medically necessary.

**HTN Profile (T3):** Overturned

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile T3. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested T3 is medically necessary.

**HTN Profile (T4): Overturned**

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile T4. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested T4 is medically necessary.

**HTN Profile (Lipid): Overturned**

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile Lipid. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested Lipid is medically necessary.

**HTN Profile (CMP): Overturned**

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile CMP. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested CMP is medically necessary.

**HTN Profile (CBC):** Overturned

**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/18004030>.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/241381-workup#c8>.

**Decision rationale:** Regarding request for hypertension profile CBC. ACOEM and California MTUS do not contain criteria for this lab work. Medical resources indicate that the hypertensive workup should include evaluation of possible secondary causes of hypertension. Lab work recommended includes CBC, urine microalbumin, metabolic panel, thyroid screening, lipid panel and others. Within the documentation available for review, it appears the patient has hypertension. As such, the currently requested CBC is medically necessary.