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| <b>Case Number:</b>   | CM15-0172084 |                              |            |
| <b>Date Assigned:</b> | 10/06/2015   | <b>Date of Injury:</b>       | 01/24/2011 |
| <b>Decision Date:</b> | 11/18/2015   | <b>UR Denial Date:</b>       | 08/12/2015 |
| <b>Priority:</b>      | Standard     | <b>Application Received:</b> | 09/01/2015 |

### 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, Arizona, Maryland  
Certification(s)/Specialty: Psychiatry

### 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 64 year old male, who sustained an industrial injury on 1-24-2011. The medical records indicate that the injured worker is undergoing treatment for major depressive disorder, generalized anxiety disorder, and psychological factors affecting medical condition. According to the progress report dated 7-13-2015, the injured worker presented for medication management for persistent symptoms of depression, anxiety, and stress-related medical complaints. The mental status examination was not indicated. The medications prescribed are Risperidone (since at least 3-4-2015), Citalopram, Xanax, and Trazodone. Treatments to date include medication management and psychological evaluation and treatment. Work status (7-16-2015) was described as temporarily totally disabled. The original utilization review (8-12-2015) had non-certified a request for Risperidone.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Risperidone tab 1mg:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines: Mental Illness and Stress Chapter (Online Version).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Mental Illness & Stress, Atypical Antipsychotics, Risperidone.

**Decision rationale:** ODG states "Risperidone is not recommended as a first-line treatment. There is insufficient evidence to recommend atypical antipsychotics (e.g., quetiapine, risperidone) for conditions covered in ODG. Antipsychotic drugs are commonly prescribed off-label for a number of disorders outside of their FDA-approved indications, schizophrenia and bipolar disorder. In a new study funded by the National Institute of Mental Health, four of the antipsychotics most commonly prescribed off label for use in patients over 40 were found to lack both safety and effectiveness. The four atypical antipsychotics were aripiprazole (Abilify), olanzapine (Zyprexa), quetiapine (Seroquel), and risperidone (Risperdal). The authors concluded that off-label use of these drugs in people over 40 should be short-term, and undertaken with caution." The injured worker has been diagnosed with major depressive disorder, generalized anxiety disorder, and psychological factors affecting medical condition. The request for Risperidone tab 1 mg is not medically necessary, as there is insufficient evidence to recommend atypical antipsychotics (e.g., quetiapine, risperidone) for conditions covered in ODG. Also, the request does not specify the quantity being requested.