

Case Number:	CM15-0172185		
Date Assigned:	09/28/2015	Date of Injury:	09/22/2010
Decision Date:	11/03/2015	UR Denial Date:	08/24/2015
Priority:	Standard	Application Received:	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: Arizona, California

Certification(s)/Specialty: Family Practice

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 65 year old male, who sustained an industrial injury on 9-22-2010. The medical records indicate that the injured worker is undergoing treatment for rotator cuff arthropathy; status post left shoulder rotator cuff repair times 2. According to the progress report dated 8-17-2015, the injured worker presented with complaints of left shoulder pain aggravated by above-the-waist activities. On a subjective pain scale, he rates his pain 6 out of 10 with medications and 8 out of 10 without. Overall, he is noting functional improvement and improvement in pain with his current medication regimen. The physical examination reveals tenderness over the left shoulder girdle with wasting of the shoulder girdle musculature. There is decreased range of motion noted. The current medications are Motrin and Norco. There is documentation of ongoing treatment with Motrin since at least 4-22-2015. Previous diagnostic studies include x-rays of the left shoulder. Treatments to date include medication management, acupuncture, injection (temporarily helped), and surgical intervention. Work status is described as modified duty. The original utilization review (8-24-2015) had non-certified a request for Motrin and 8 additional acupuncture sessions to the left shoulder.

IMR ISSUES, DECISIONS AND RATIONALES

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

Continued acupuncture sessions for the left shoulder 2 times per week for 4 weeks: Upheld

Claims Administrator guideline: Decision based on MTUS Acupuncture Treatment 2007.

MAXIMUS guideline: Decision based on MTUS Acupuncture Treatment 2007.

Decision rationale: "Acupuncture" is used as an option when pain medication is reduced or not tolerated, it may be used as an adjunct to physical rehabilitation and/or surgical intervention to hasten functional recovery. Time to produce functional improvement: 3 to 6 treatments. In this case, the claimant received an unknown amount of physical therapy in the past. The claimant has also undergone surgery and medication management. Although it may be beneficial, an additional 12 sessions of acupuncture is an option and not a medical necessity.

Motrin 800 mg #90 refill times 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): NSAIDs (non-steroidal anti-inflammatory drugs).

Decision rationale: According to the guidelines, NSAIDs are recommended as a second-line treatment after acetaminophen. Acetaminophen may be considered for initial therapy for patients with mild to moderate pain. NSAIDs are recommended as an option for short-term symptomatic relief. In this case, the claimant had been on NSAIDs for several months in combination with opioids. There was no indication of Tylenol failure. Long-term NSAID use has renal and GI risks. Continued use of Motrin is not medically necessary.