

Case Number:	CM15-0173961		
Date Assigned:	09/15/2015	Date of Injury:	09/21/2009
Decision Date:	10/15/2015	UR Denial Date:	08/24/2015
Priority:	Standard	Application Received:	09/03/2015

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: Massachusetts

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 is a 62 year old male who sustained an industrial injury on September 21, 2009. A primary treating follow up visit dated August 17, 2015 reported the worker requiring the following medications: Terocin lotion to shoulder, Medrox patches to shoulder, and Tramadol ER. Previous treatment modality to include: activity modification, medications, topical analgesia, therapy session, exercises, and surgery.

IMR ISSUES, DECISIONS AND RATIONALES

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

Terocin Lotion: 20% Methyl Salicylate, 10% Menthol, 0.025% Capsaicin, 2.5% Lidocaine QTY 2 bottles: 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): Topical Analgesics.

Decision rationale: The claimant sustained a work injury in September 2009 and is being treated for chronic right shoulder pain after sustained a dislocation. When seen, hydrochlorothiazide, lisinopril, and Aleve were being prescribed. There was pain and a click with shoulder range of motion. There was right shoulder weakness. X-rays were requested. Topical medications and oral tramadol were prescribed. Terocin contains methyl salicylate, capsaicin, menthol, and Lidocaine. Topical lidocaine in a formulation that does not involve a dermal-patch system can be recommended for localized peripheral pain after there has been evidence of a trial of first-line therapy with a tricyclic or SNRI anti-depressant or an anti-epilepsy drug such as gabapentin or Lyrica. Menthol and methyl salicylate are used as a topical analgesic in over the counter medications such as Ben-Gay or Icy Hot. They work by first cooling the skin then warming it up, providing a topical anesthetic and analgesic effect which may be due to interference with transmission of pain signals through nerves. Guidelines address the use of capsaicin, which is believed to work through a similar mechanism and is recommended as an option in patients who have not responded or are intolerant to other treatments. In this case, an oral NSAID was being prescribed without reported intolerance. Two topical medications and an oral medication were prescribed and the contents were duplicative. Guidelines recommend that when prescribing medications only one medication should be given at a time. By prescribing a multiple medications, in addition to the increased risk of adverse side effects, it would be difficult or impossible to determine whether any derived benefit was due to a particular medicine. Terocin was not medically necessary.

Medrox Patches: 20% Methyl Salicylate, 5% Menthol, 0.0375% Capsaicin QTY6 boxes:
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): Topical Analgesics.

Decision rationale: The claimant sustained a work injury in September 2009 and is being treated for chronic right shoulder pain after sustained a dislocation. When seen, hydrochlorothiazide, lisinopril, and Aleve were being prescribed. There was pain and a click with shoulder range of motion. There was right shoulder weakness. X-rays were requested. Topical medications and oral tramadol were prescribed. Medrox contains methyl salicylate, capsaicin, and menthol. Menthol and methyl salicylate are used as a topical analgesic in over the counter medications such as Ben-Gay or Icy Hot. They work by first cooling the skin then warming it up, providing a topical anesthetic and analgesic effect which may be due to interference with transmission of pain signals through nerves. Guidelines address the use of capsaicin, which is believed to work through a similar mechanism and is recommended as an option in patients who have not responded or are intolerant to other treatments. In this case, an oral NSAID was being prescribed without reported intolerance. Two topical medications and an oral medication were prescribed and the contents were duplicative. Guidelines recommend that when prescribing medications only one medication should be given at a time. By prescribing a multiple medications, in addition to the increased risk of adverse side effects, it would be difficult or impossible to determine whether any derived benefit was due to a particular medicine. The Medrox patch was not medically necessary.