

Case Number:	CM15-0175466		
Date Assigned:	09/16/2015	Date of Injury:	04/26/2008
Decision Date:	10/19/2015	UR Denial Date:	08/04/2015
Priority:	Standard	Application Received:	09/05/2015

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: Emergency Medicine

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 59 year old female, who sustained an industrial injury on April 26, 2008. She reported an injury to her neck and right arm. On February 24, 2015, the evaluating physician noted that the injured worker had been under psychological care and had not received continued psychological care for issues related to her industrial injury. Her medications at the February 24, 2015 included Valium "as a muscle relaxer to help her sleep at night." On May 26, 2015, the injured worker was evaluated. The evaluating physician noted that her previous pain management doctor was unable to control her pain. It was noted that "they wanted to do things to her that she just cannot tolerate due to the overlying psychological issues." She received treatment for her psychological issues and the evaluating physician noted that he thought it was paramount that the injured worker needed to keep her coping skills in full force. She was using a "combination of Valium that stops the muscle cramping and helps her maintain a semblance of control." Psychological treatment was continued. On July 21, 2015, the injured worker was evaluated. She was continued on her medications including Valium and the evaluating physician noted that she should have continued psychological intervention as she has difficulty sleeping and the complex regional pain syndrome has taken a significant toll on her. The injured worker was diagnosed as having other tenosynovitis of the right wrist and hand, carpal tunnel syndrome, and disturbance of skin sensation. Treatment to date has included psychotherapy, anxiolytic medications, and pain medications. A request for authorization for diazepam 5 mg #30 was received on July 27, 2015. On August 4, 2015, the Utilization Review physician determined that diazepam 5 mg #30 to be modified to diazepam 5 mg #20 to allow for weaning of the medication.

IMR ISSUES, DECISIONS AND RATIONALES

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

Diazepam 5mg, #30: 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): Benzodiazepines.

Decision rationale: The requested Diazepam 5mg, #30 is not medically necessary. CA MTUS Chronic Pain Treatment Guidelines, Benzodiazepines, Page 24, note that benzodiazepines are "Not recommended for long-term use because long-term efficacy is unproven and there is a risk of dependence." The injured worker uses Valium "as a muscle relaxer to help her sleep at night." On May 26, 2015, the injured worker was evaluated. The evaluating physician noted that her previous pain management doctor was unable to control her pain. It was noted that "they wanted to do things to her that she just cannot tolerate due to the overlying psychological issues." She received treatment for her psychological issues and the evaluating physician noted that he thought it was paramount that the injured worker needed to keep her coping skills in full force. She was using a "combination of Valium that stops the muscle cramping and helps her maintain a semblance of control." Psychological treatment was continued. The treating physician has not documented a guideline-supported medical indication for continued use of this benzodiazepine medication, nor objective evidence of derived functional benefit from its previous use. The criteria noted above not having been met, Diazepam 5mg, #30 is not medically necessary.