

Case Number:	CM15-0177402		
Date Assigned:	09/18/2015	Date of Injury:	10/14/2012
Decision Date:	10/20/2015	UR Denial Date:	08/24/2015
Priority:	Standard	Application Received:	09/09/2015

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: North Carolina

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 56 year old female with an industrial injury dated 10-14-2012. A review of the medical records indicates that the injured worker is undergoing treatment for lumbar myofascial pain, 4 millimeter protrusion at L5-S1, lumbar spondylosis at L4-5, protrusion 3 millimeter at C5-6 with foraminal stenosis, status post right shoulder rotator cuff repair, and trigger finger of right forth finger. Treatment consisted of diagnostic studies, prescribed medications, and periodic follow up visits. Medical records (07-31-2015 to 08-12-2015) indicate ongoing low back pain with bilateral lower extremities symptoms, cervical pain with upper extremity symptoms, and right shoulder pain status post rotator cuff repair of right shoulder. Current prescribed medications include Hydrocodone 10mg, Tramadol 50mg, and Lyrica 75mg. The injured worker denies any side effects. The injured worker rated pain a 6 out of 10. Objective findings (12-10-2014 to 08-12-2015) revealed tenderness of the lumbar and cervical spine, decreased range of motion in all planes, diminished sensation in the right greater than left L5 and S1 dermatomes. Medical records indicate that the injured worker has been on Hydrocodone 10mg, Tramadol 50mg, and Lyrica 75mg since at least 02-18-2014. The treating physician reported that the toxicology screen on 8-12-2015 was in compliance with guidelines. The treatment plan included DNA and genetic testing to rule out metabolic pathway deficiency for proper medication selection and management. The treating physician prescribed DNA genetic testing (cytochrome P450 enzymes) and monthly urine toxicology screen, quantity 12 now under review. The original utilization review (08-24-2015) denied the request for DNA genetic testing (cytochrome P450 enzymes) and monthly urine toxicology screen, quantity 12.

IMR ISSUES, DECISIONS AND RATIONALES

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

DNA genetic testing (cytochrome P450 enzymes): Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Levrin 2012 and Pharmacogenetic testing/pharmacogenomics (opioids & chronic non-malignant pain).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Cytokine DNA Testing for Pain.

Decision rationale: The California MTUS section on DNA testing states: Not recommended. There is no current evidence to support the use of cytokine DNA testing for the diagnosis of pain, including chronic pain. Scientific research on cytokines is rapidly evolving. There is vast and growing scientific evidence base concerning the biochemistry of inflammation and it is commonly understood that inflammation plays a key role in injuries and chronic pain. Cellular mechanisms are ultimately involved in the inflammatory process and healing, and the molecular machinery involves cellular signaling proteins or agents called cytokines. Given rapid developments in cytokine research, novel applications have emerged and one application is cytokine DNA signature testing which has been used as a specific test for certain pain diagnoses such as fibromyalgia or complex regional pain syndrome. The specific test for cytokine DNA testing is performed by the [REDACTED]. Two articles were found on the website. However, these articles did not meet the minimum standards for inclusion for evidence-based review. (Gavin, 2007) (Gillis, 2007) The California MTUS or the ODG does not recommend the requested service. The patient is not demonstrating aberrant behavior. The request is thus not medically necessary.

Monthly urine toxicology screen, quantity 12: Upheld

Claims Administrator guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Online: Urine drug testing (UDT).

MAXIMUS guideline: Decision based on MTUS Chronic Pain Medical Treatment 2009, Section(s): Opioids for chronic pain.

Decision rationale: The California chronic pain medical treatment guidelines section on opioids states: On-Going Management. Actions Should Include: (a) Prescriptions from a single practitioner taken as directed, and all prescriptions from a single pharmacy. (b) The lowest possible dose should be prescribed to improve pain and function. (c) Office: Ongoing review and documentation of pain relief, functional status, appropriate medication use, and side effects. Pain assessment should include: current pain; the least reported pain over the period since last assessment; average pain; intensity of pain after taking the opioid; how long it takes for pain relief; and how long pain relief lasts. Satisfactory response to treatment may be indicated by the

patient's decreased pain, increased level of function, or improved quality of life. Information from family members or other caregivers should be considered in determining the patient's response to treatment. The 4 A's for Ongoing Monitoring: Four domains have been proposed as most relevant for ongoing monitoring of chronic pain patients on opioids: pain relief, side effects, physical and psychosocial functioning, and the occurrence of any potentially aberrant (or non-adherent) drug-related behaviors. These domains have been summarized as the "4 A's" (analgesia, activities of daily living, adverse side effects, and aberrant drug taking behaviors). The monitoring of these outcomes over time should affect therapeutic decisions and provide a framework for documentation of the clinical use of these controlled drugs. (Passik, 2000) (d) Home: To aid in pain and functioning assessment, the patient should be requested to keep a pain diary that includes entries such as pain triggers, and incidence of end-of-dose pain. It should be emphasized that using this diary will help in tailoring the opioid dose. This should not be a requirement for pain management. (e) Use of drug screening or inpatient treatment with issues of abuse, addiction, or poor pain control. (f) Documentation of misuse of medications (doctor-shopping, uncontrolled drug escalation, drug diversion). (g) Continuing review of overall situation with regard to nonopioid means of pain control. (h) Consideration of a consultation with a multidisciplinary pain clinic if doses of opioids are required beyond what is usually required for the condition or pain does not improve on opioids in 3 months. Consider a psych consult if there is evidence of depression, anxiety or irritability. Consider an addiction medicine consult if there is evidence of substance misuse. The California MTUS does recommend urine drug screens as part of the criteria for ongoing use of opioids .The patient was on opioids at the time of request however the request is for 12 monthly screens. The continued use of opioids cannot be determined and therefore the request is not medically necessary.