

Case Number:	CM15-0177927		
Date Assigned:	09/18/2015	Date of Injury:	10/22/1998
Decision Date:	10/27/2015	UR Denial Date:	08/11/2015
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: Texas, 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:

This is a 52 year old female patient, who sustained an industrial injury on 10-22-1998. She sustained the injury while lifting a large garbage bag. The diagnoses include post-laminectomy syndrome of lumbar, lumbago, post-traumatic stress disorder, and generalized anxiety disorder. Per the doctor's note dated 10/1/2015, she had complaints of hip, knee and low back pain, sleeplessness, constipation with medications (Norco 2.5/325 mg). Per the doctor's note dated 7-14-2015, she had complaints of low back and hip pain. She reported not walking as much due to grinding and shifting in the left hip. She had also complaints of constipation, urine incontinence, anxiety and depression. The physical examination revealed left knee pain in the anterior medial joint line and anterior tibia and tenderness over the superior patella; pain in the trochanteric bursa region with internal rotation of the left hip and anterior groin pain with external rotation. Per the doctor's note dated 6-9-2015, she was noted to need Senna 8.6-50mg 2 tablets twice per day for constipation. She had complaints of constipation and heartburn; however denied abdominal pain. The medications list includes cymbalta, lidoderm patch, baclofen, DSS capsule, lactulose, synovacin-glucosamine sulphate, senna, cephalexin, hydrocodone-APAP, albuterol, nexium, pepsid and metformin. She has had multiple diagnostic studies including magnetic resonance imaging of the left knee dated 3-9-15, electrodiagnostic studies dated 1-12-2010 and 5-5-2008, CT scan of the abdomen dated 11-24-2008 and magnetic resonance imaging of the lumbar spine dated 1-31-2012. She has undergone three lumbar surgeries last one in 10/2001; intrathecal pump placement. She has had physical therapy visits and chiropractic care for this

injury. She has had urine toxicology screen on 6-9-2015. The request for authorization is for: Senna tablets 8.6-50mg #120 with 3 refills, and DSS tablets 100mg #60 with 3 refills. The UR dated 8-11-2015: modified certification of DSS 100mg tablets #60 with 1 refill, and Senna S 8.5-50mg #120 with 1 refill.

IMR ISSUES, DECISIONS AND RATIONALES

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

Retrospective DSS 100mg, #60 with 3 refills (DOS: 7/14/15): Overturned

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): Opioids, criteria for use. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Chapter: Pain (updated 10/09/15) Opioid-induced constipation treatment and Other Medical Treatment Guidelines Thompson Micromedex FDA labeled indication for Docusate sodium.

Decision rationale: DSS contains docusate sodium. Per the cited guidelines, "3) Initiating Therapy: (a) Intermittent pain: Start with a short-acting opioid trying one medication at a time... (d) Prophylactic treatment of constipation should be initiated." According to the Thompson Micromedex FDA labeled indication for Docusate includes "constipation care." The medications list includes hydrocodone, which may cause constipation. Per the records provided patient had constipation with medications (norco 2.5/325 mg). The request of retrospective DSS 100mg, #60 with 3 refills (DOS: 7/14/15) is medically appropriate and necessary for this patient.

Retrospective Senna #120 with 3 refills (DOS: 7/14/15): Overturned

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): Opioids, criteria for use. Decision based on Non-MTUS Citation Thompson Micromedex Senna-Herbal use.

Decision rationale: Per the cited guidelines, "3) Initiating Therapy: (a) Intermittent pain: Start with a short-acting opioid trying one medication at a time... (d) Prophylactic treatment of constipation should be initiated." According to the Thompson Micromedex "Senna is stated to possess cathartic properties (leaf greater than fruit) and has been used traditionally for constipation." The medications list includes hydrocodone, which may cause constipation. Per the records provided patient had constipation with medications (Norco 2.5/325 mg). Patient was using DSS daily and Senna on an "as needed" basis for constipation. The request of retrospective Senna #120 with 3 refills (DOS: 7/14/15) is medically appropriate and necessary for this patient.