

<b>Case Number:</b>	CM15-0178003		
<b>Date Assigned:</b>	10/12/2015	<b>Date of Injury:</b>	07/29/2004
<b>Decision Date:</b>	11/30/2015	<b>UR Denial Date:</b>	08/24/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/10/2015

### 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, New York, California  
 Certification(s)/Specialty: Preventive Medicine, Occupational 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 applicant is a represented [REDACTED] who has filed a claim for major depressive disorder (MDD) reportedly associated with an industrial injury of July 29, 2004. In a Utilization Review report dated August 24, 2015, the claims administrator failed to approve a request for Wellbutrin while conditionally denying a request for trazodone. The claims administrator referenced an RFA form received on August 12, 2015 and an associated progress note dated May 14, 2015 in its determination. The applicant's attorney subsequently appealed. On an August 19, 2015 RFA form, Wellbutrin, Desyrel, and Ativan were endorsed. On an associated progress note dated August 19, 2015, the applicant reported ongoing issues of anxiety, agitation, depression, and anger. Wellbutrin, Ativan, Desyrel, Norco, and Lyrica were renewed and/or continued. The applicant's work and function were not detailed. The applicant appeared to be visibly depressed in the clinic. The attending provider attributed the applicant's worsened mood to reported medication denials. On May 14, 2015, the applicant reported ongoing issues with chronic pain and depression. The applicant was using Norco and Lyrica for his chronic pain complaints. The attending provider stated that Wellbutrin, Desyrel, and Ativan were ameliorating the applicant's issues with depression, insomnia, and anxiety. The applicant's work status was not detailed. The applicant's mood appeared to be improved on this date, the treating provider contended.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Wellbutrin XL (extended release) 150mg, #60 with 5 refills: Overturned**

**Claims Administrator guideline:** Decision based on MTUS Stress-Related Conditions 2004. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Mental Illness & Stress - Antidepressants; Bupropion (Wellbutrin).

**MAXIMUS guideline:** Decision based on MTUS Stress-Related Conditions 2004, Section(s): Treatment.

**Decision rationale:** Yes, the request for Wellbutrin, an atypical antidepressant, was medically necessary, medically appropriate, and indicated here. As noted in the MTUS Guideline in ACOEM Chapter 15, page 402, antidepressants such as Wellbutrin may be helpful in alleviating symptoms of depression, as were/are present here. The attending provider reported on the May 14, 2015 office visit at issue that the applicant's mood had been augmented following introduction of Wellbutrin. The applicant was described as psychologically stable and less depressed on that date. A subsequent note dated August 19, 2015 was notable for commentary that the applicant was anxious, agitated, irritable, and depressed owing to cessation of Wellbutrin associated with a medication denial. It did appear, in short, that ongoing usage of Wellbutrin had proven effective in augmenting the applicant's mood. Continuing the same, on balance, was indicated. Therefore, the request is medically necessary.