MAXIMUS Federal Services

| Case Number: | CM15-0033887 | | |
|---|---|---|---|
| Date Assigned: | 04/01/2015 | Date of Injury: | 01/01/1990 |
| Decision Date: | 05/13/2015 | UR Denial Date: | 02/10/2015 |
| Priority: | Standard | Application Received: | 02/23/2015 |

## 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, New York, Florida
Certification(s)/Specialty: Internal Medicine, Pulmonary Disease, Critical Care 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 69-year-old female who reported an injury on 01/01/1990 due to an unknown mechanism of injury. The injured worker's diagnoses included asthma. The injured worker's medications included Flovent, Xopenex and Xanax. The injured worker was evaluated on 12/12/2014. It was documented that the injured worker's lungs were clear and the heart rate was normal. It was noted that the injured worker's asthma was stable on medications. The injured worker was evaluated on 03/20/2015. It was documented that the injured worker had lungs clear to auscultation with no asthma exacerbations within 3 months. A request was made for multiple lab tests. No request for authorization or justification for the request was submitted.

## IMR ISSUES, DECISIONS AND RATIONALES

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

**Complete blood count:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmedhealth/PMH0004108/CBC.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested complete blood count is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested complete blood count is not medically necessary or appropriate.

**Lipid panel:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pmc/articles/PMC3068759/Serum Lipid Profile: Fasting or Non-fasting?.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Lipid panel is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicate that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Lipid panel is not medically necessary or appropriate.

**T3 Free:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/4055428; Serum concentrations of total T4, T3, reverse T3 and free T4, T3 in moderately obese patients.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested T3 Free is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that

the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested T3 Free is not medically necessary or appropriate.

**Free Thyroxine:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/22703181; Increased levels of free thyroxine and risk of venous thrombosis in a large population-based prospective study.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Free Thyroxine is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Free Thyroxine is not medically necessary or appropriate.

**TSH:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pmc/articles/PMC1853349; Assessment of Thyroid Function: Towards an integrated Laboratory-Clinical Approach.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested TSH is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested TSH is not medically necessary or appropriate.

**Venipuncture:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmedhealth/PMH0003898; Venipuncture.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Venipuncture is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Venipuncture is not medically necessary or appropriate.

**Basic metabolic panel:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmedhealth/PMH0003934; Basic Metabolic Panel.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Basic metabolic panel is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Basic metabolic panel is not medically necessary or appropriate.

**Hepatic function panel:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/12134466; Liver function: Test selection and interpretation of results.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Hepatic function panel is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Hepatic function panel is not medically necessary or appropriate.

**Uric acid:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/18463036; Serum uric acid levels and risk of metabolic syndrome in healthy adults.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Uric acid is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Uric acid is not medically necessary or appropriate.

**GGTP:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/15952066; Elevated serum GGT concentrations predict reduced insulin sensitivity and increased intrahepatic lipids.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested GGTP is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that

the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested GGTP is not medically necessary or appropriate.

**Serum Ferritin:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/10587829; Diabetes and serum ferritin concentration among US adults.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Serum Ferritin is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Serum Ferritin is not medically necessary or appropriate.

**Vitamin D hydroxy:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/18689397; Serum 25-hydroxyvitamin D and functional outcomes in the elderly.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Vitamin D hydroxy is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Vitamin D hydroxy is not medically necessary or appropriate.

**Apolipoprotein A:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/18333357; Apolipoprteins A-I and B markers in coronary risk evaluation.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Apolipoprotein A is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Apolipoprotein A is not medically necessary or appropriate.

**Apolipoprotein B:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/18333357; Apolipoprteins A-I and B markers in coronary risk evaluation.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Apolipoprotein B is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Apolipoprotein B is not medically necessary or appropriate.

**Glyco hemoglobin A1c:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation www.ncbi.nlm.nih.gov/pubmed/12498249; Direct monitoring of glycohemoglobin A1c in the blood samples of diabetic patients by capillary electrophoresis. Comparison with an immunoassy method.

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation labtestsonline.org/understanding/wellness/d-adult-1/.

**Decision rationale:** The requested Glyco hemoglobin A1c is not medically necessary or appropriate. The California Medical Treatment Utilization Schedule and Official Disability Guidelines do not address screening tests. An online resource labtestsonline indicates that screening tests are used to detect diseases in their earliest and most treatable stages and are generally considered routine if performed at regular health exams. Although this would be considered a screening test, the clinical documentation did not provide any indication of a significant change in the injured worker's clinical presentation to support the need for screening tests. There is no indication that the injured worker is at risk for developing disease processes that would require regular screening. The clinical documentation submitted for review does indicate that the injured worker is stable with current treatment and does not require any additional interventions. As such, the requested Glyco hemoglobin A1c is not medically necessary or appropriate.