

Case Number:	CM15-0046356		
Date Assigned:	04/13/2015	Date of Injury:	01/15/2014
Decision Date:	05/28/2015	UR Denial Date:	02/20/2015
Priority:	Standard	Application Received:	03/11/2015

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 35 year old female, who sustained an industrial injury on January 15, 2014. The mechanism of injury involved a fall. The injured worker was diagnosed as having myalgia and myositis. Treatment to date has included diagnostic studies, chiropractic care, medications and work restrictions. The injured worker presented on 02/19/2015 for a follow-up evaluation. The injured worker was reportedly evaluated by a rheumatologist who recommended laboratory testing. The injured worker reported increased neck and upper thoracic pain. It was also noted that the injured worker had been previously evaluated by a psychiatrist, which was no longer being authorized. Upon examination, the cervical range of motion was full in flexion and 50% in the rest of the planes. Upper extremity strength was 5/5 bilaterally. Sensation was intact to pinprick throughout. Reflexes were 1+ and equal bilaterally. The injured worker hand tenderness over both trapezial muscles and along the bilateral medical scapular borders. Diagnoses include cervicothoracic strain and possible fibromyalgia syndrome. Treatment recommendations at that time included laboratory studies as recommended by the rheumatologist. The injured worker was given an anti-inflammatory cream containing gabapentin for muscular symptoms. There was no Request for Authorization form submitted for this review.

IMR ISSUES, DECISIONS AND RATIONALES

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

Thyroid Stimulating Hormone: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://labtestsonline.org/understanding/analytes/tsh/tab/test/TSH>.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry a thyroid panel is used to screen for or to help diagnose hypo and hyperthyroidism due to various thyroid disorders. In this case, there was no evidence of any signs or symptoms suggestive of a thyroid disorder. The medical necessity has not been established. As such, the request is not medically necessary.

1 Serum Tetraiodothyronine: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation [http://labtestsonline.org/understanding/analytes/t3/tab/test/Free T3 and Total T3 How is it used?](http://labtestsonline.org/understanding/analytes/t3/tab/test/Free_T3_and_Total_T3_How_is_it_used?).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a free T4 test may be ordered when a patient has symptoms of hyperthyroidism or hypothyroidism. In this case, the injured worker does not exhibit any signs or symptoms suggestive of a thyroid disorder. The medical necessity has not been established. As such, the request is not medically necessary.

1 Serum Triiodothyronine: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation [http://labtestsonline.org/understanding/analytes/t3/tab/test/Free T3 and Total T3 How is it used?](http://labtestsonline.org/understanding/analytes/t3/tab/test/Free_T3_and_Total_T3_How_is_it_used?).

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a T3 test is used to assess thyroid function. It is ordered primarily to help diagnosis hyperthyroidism and may be ordered to help monitor the status of a patient with a known thyroid disorder. The injured worker does not maintain and diagnosis of hyperthyroidism. There are no signs or symptoms suggestive of a thyroid disorder. The medical necessity has not been established. As such, the request is not medically appropriate.

Vitamin D Test: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://labtestsonline.org/understanding/analytes/vitamin-d/tab/test/> Vitamin D Tests How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a vitamin D test may be requested when a patient is known to be at risk of vitamin D deficiency. In this case, there is no indication that this injured worker is at high risk for vitamin D deficiency. There is also no documentation of any previous laboratory studies indicating a low calcium or vitamin D level. Given the above, the request is not medically necessary.

Complete Blood Count: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://labtestsonline.org/understanding/analytes/cbc/tab/test/> Complete Blood Count.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a CBC test may be performed as part of a routine health examination. A CBC test may also be ordered when a patient has any number of signs and symptoms suggestive of a disorder affecting the blood cells. The injured worker has not been diagnosed with a disease known to affect blood cells. There is no evidence of any signs or symptoms suggestive of an abnormality due to a disorder affecting the blood cells. The medical necessity has not been established in this case. As such, the request is not medically appropriate.

1 Erythrocyte Sedimentation Rate: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://labtestsonline.org/understanding/analytes/esr/tab/test> ESR.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, an ESR test may be ordered when a condition or disease is suspected of causing inflammation in the body. The clinical documentation submitted did not indicate the injured worker had any major acute symptoms. The medical rationale for the specific laboratory testing has not been established in this case. Therefore, the request is not medically appropriate.

Comprehensive Metabolic Panel: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://labtestsonline.org/understanding/analytes/cmp/tab/glance> Comprehensive Metabolic Panel How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a CMP test is routinely ordered as part of a blood workup for a medical exam or yearly physical. The CMP test may also be used as a broad screening tool to evaluate organ function or to check for conditions such as diabetes, liver disease and kidney disease. There is no indication of any signs or symptoms suggestive of an electrolyte imbalance or an acute abnormality secondary to liver or kidney function. The medical necessity has not been established in this case. Therefore, the request is not medically necessary.

High Sensitivity C-Reactive Protein: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://labtestsonline.org/understanding/analytes/hscrp/tab/test>/hs-CRP How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a CRP test is nonspecific test that may be ordered when an individual is suspected for having a serious bacterial infection based on the medical history and signs and symptoms. There is no indication that this injured worker is suffering from an acute bacterial infection. The medical necessity for the requested laboratory testing has not been established. As such, the request is not medically necessary.

Creatine Phosphokinase: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation

<http://labtestsonline.org/understanding/analytes/ck/tab/test/> CK How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, a creatinine kinase test may be used to detect inflammation of the muscles or serious muscle damage. The injured worker does not exhibit any signs or symptoms suggestive of muscle weakness, muscle aches, dark urine or any symptoms suggestive of rhabdomyolysis or myositis. The medical necessity has not been established in this case. Therefore, the request is not medically necessary.

Rheumatoid Factor: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation

<http://labtestsonline.org/understanding/analytes/rheumatoid/tab/test/> Rheumatoid Factor How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, the rheumatoid factor test may be ordered when a patient has signs or symptoms suggestive of rheumatoid arthritis. The clinical documentation provided failed to indicate any signs or symptoms suggestive of rheumatoid arthritis to include pain, warmth, swelling or morning stiffness in the joints. The medical necessity for the requested testing has not been established in this case. Therefore, the request is not medically necessary.

Antinuclear Antibody: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://labtestsonline.org/understanding/analytes/ana/tab/test/> ANA How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, the antinuclear antibody test is used as a primary test to help evaluate a patient for autoimmune disorders that affect tissues and organs throughout the body. There is no indication that this injured worker is suffering from an autoimmune disorder. There are no signs or symptoms suggestive of systemic lupus. The medical necessity has not been established. Therefore, the request is not medically necessary.

Homocysteine Test: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation
<http://labtestsonline.org/understanding/analytes/homocysteine/tab/test/> Homocysteine How is it used?.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Lab Tests Online, HON code standard for trustworthy health information. 2001 - 2014 by American Association for Clinical Chemistry, Last modified on April 29, 2014.

Decision rationale: According to the American Association for Clinical Chemistry, the homocysteine test may be ordered as part of a screening tool for patients at high risk for a heart attack or stroke. This test may also be ordered to determine if the patient has a vitamin B12 or folate deficiency. There is no indication that this injured worker is at high risk for a heart attack or a stroke. There is also no indication that this injured worker suffers from a vitamin B12 or folate deficiency. The medical necessity has not been established in this case. As such, the request is not medically appropriate.