

<b>Case Number:</b>	CM15-0067796		
<b>Date Assigned:</b>	04/15/2015	<b>Date of Injury:</b>	10/19/2010
<b>Decision Date:</b>	05/19/2015	<b>UR Denial Date:</b>	03/17/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/09/2015

### 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: California, Texas, Florida

Certification(s)/Specialty: Anesthesiology, Pain Management, Hospice & Palliative 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 56 year old male, who sustained an industrial injury on 10/19/10. He reported initial complaints to low back. The injured worker was diagnosed as having brachial neuritis or radiculitis NOS; thoracic or lumbosacral neuritis or radiculitis unspecified; spinal stenosis of lumbar region; thoracic spondylosis without myelopathy; degeneration of lumbar or lumbosacral intervertebral disc.. Treatment to date has included physical therapy; medications. Currently, the PR-2 notes dated 3/5/15 indicated the injured worker was in the office on this date as a follow-up appointment. The documentation indicated the injured worker is in physical therapy for lumbar spine treatment and has two more sessions to complete. There are no new injuries or complaints noted on examination but the provider ordered x-ray exam of the neck spine with follow-up in 6 weeks with a prescription of Tramadol 200mg #30 take 1 daily. There is limited medical documentation from the provider. The injured worker is already taking Norco #180 and Tramadol 150mg #30.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**1 Tramadol 200mg #30 take 1 daily:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not cite any medical evidence for its decision.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 9792.20 - 9792.26 Page(s): 44, 47, 75-79, 120 of 127.

**Decision rationale:** Regarding the request for Tramadol, California Pain Medical Treatment Guidelines state that Tramadol is an opiate pain medication. Due to high abuse potential, close follow-up is recommended with documentation of analgesic effect, objective functional improvement, side effects, and discussion regarding any aberrant use. Guidelines go on to recommend discontinuing opioids if there is no documentation of improved function and pain. Within the documentation available for review, there is no indication that the medication is improving the patient's function or pain (in terms of specific examples of functional improvement and percent reduction in pain or reduced NRS), no documentation regarding side effects, and no discussion regarding aberrant use. As such, there is no clear indication for ongoing use of the medication. Opioids should not be abruptly discontinued, but unfortunately, there is no provision to modify the current request to allow tapering. In light of the above issues, the currently requested Tramadol, is not medically necessary.