

<b>Case Number:</b>	CM15-0074643		
<b>Date Assigned:</b>	04/24/2015	<b>Date of Injury:</b>	05/23/2014
<b>Decision Date:</b>	06/09/2015	<b>UR Denial Date:</b>	04/10/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	04/20/2015

### 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

Certification(s)/Specialty: Physical Medicine & Rehabilitation

### 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 54 year old male, who sustained an industrial injury on 5/23/14. He reported initial complaints of traumatic injury to left upper extremity. The injured worker was diagnosed as having soft tissue contusion; left wrist triangular fibrocartilage tear with soft tissue contusion. Treatment to date has included physical therapy; medications. Diagnostics included x-rays lumbar spine (10/1/14); MRI cervical spine with flex-Ext (10/6/14); MRI left hip (2/6/15); MRI left knee with multiposition (2/5/15); MRI left hand and left wrist (5/4/15). Currently, the PR-2 notes dated 3/2/15 indicated the injured worker complains of pain to the left upper extremity. He has received physical therapy and medications. The injured worker continues to complain of severe pain affecting the neck, left shoulder and left arm. The left hand/wrist examination reveals no deformity but there is tenderness and swelling. There is point tenderness upon palpation about the wrist with pain on motion but no instability. Left wrist motion notes flexion 20, extension 20, radial deviation 5 and ulnar deviation 5, motor 5/5. X-rays are unremarkable. A MRI of the left hand was unremarkable but the MRI of the left wrist demonstrates a full thickness triangular fibrocartilage tear dated 5/4/15 for both. The provider's treatment plan included a referral for left wrist arthroscopy surgery; physical therapy and Celebrex for inflammation and pain, Flexeril for spasm and Ambien 5mg #60 for sleep. Ambien was denied at utilization Review.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**Ambien 5mg #60:** Upheld

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Pain, Zolpidem (Ambien).

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation ODG, Pain (Chronic): Zolpidem (Ambien), pages 877-878.

**Decision rationale:** Per the ODG, this non-benzodiazepines CNS depressant should not be used for prolonged periods of time and is the treatment of choice in very few conditions. The tolerance to hypnotic effects develops rapidly with anxiolytic effects occurring within months; limiting its use to 4 weeks as long-term use may actually increase anxiety. While sleeping pills, so-called minor tranquilizers, and anti-anxiety agents are commonly prescribed in chronic pain, pain specialists rarely, if ever, recommend them for long-term use. They can be habit-forming, and they may impair function and memory more than opioid pain relievers. There is also concern that they may increase pain and depression over the long-term. Submitted reports have not identified any clinical findings or specific sleep issues such as number of hours of sleep, difficulty getting to sleep or staying asleep or how the use of this sedative/hypnotic has provided any functional improvement if any from treatment rendered. The reports have not demonstrated any clinical findings or confirmed diagnoses of sleep disorders to support its use for this chronic injury. There is no failed trial of behavioral interventions or proper pain management as the patient continues on opiates with stated pain relief to hinder any sleep issues. The Ambien 5mg #60 is not medically necessary and appropriate.