

Case Number:	CM15-0074936		
Date Assigned:	04/24/2015	Date of Injury:	01/17/2014
Decision Date:	05/28/2015	UR Denial Date:	04/15/2015
Priority:	Standard	Application Received:	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: Internal 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 32 year old male, who sustained an industrial injury on January 17, 2014, incurring low back injuries. He was diagnosed with lumbar degenerative disc disease and lumbar disc disorder without myelopathy. Treatment included physical therapy, chiropractic sessions, ice and heat, anti-inflammatory drugs and home exercise program. Currently, the injured worker complained of persistent low back pain radiating into the lower extremities. The treatment plan that was requested for authorization included a consultation and treatment with a Physiatrist.

IMR ISSUES, DECISIONS AND RATIONALES

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

Consultation and Treatment with a Physiatrist: Upheld

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

MAXIMUS guideline: Decision based on MTUS ACOEM Chapter 5 Cornerstones of Disability Prevention and Management Page(s): 75. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low Back - Lumbar & Thoracic (Acute & Chronic) Platelet-rich plasma (PRP).

Decision rationale: Medical Treatment Utilization Schedule (MTUS) addresses occupational physicians and other health professionals. American College of Occupational and Environmental Medicine (ACOEM) 2nd Edition (2004) Chapter 5 Cornerstones of Disability Prevention and Management (Page 75) states that occupational physicians and other health professionals who treat work-related injuries and illness can make an important contribution to the appropriate management of work-related symptoms, illnesses, or injuries by managing disability and time lost from work as well as medical care. MTUS does not address platelet-rich plasma (PRP) for low back disorders. Official Disability Guidelines (ODG) Low Back - Lumbar & Thoracic (Acute & Chronic) indicates that platelet-rich plasma (PRP) is not recommended. The utilization review letter dated 4/15/15 documented a request for consultation and treatment with a Physiatrist. The progress report dated 4/8/15 documented a history of low back pain and lumbar degenerative disc disease. The 4/8/15 progress report documented the recommendation for intervertebral disc therapy L4-5 PRP platelet-rich plasma with a Physiatrist (PM&R). Referral for intradiscal therapy such as PRP was discussed. Official Disability Guidelines (ODG) indicates that platelet-rich plasma (PRP) is not recommended for low back disorders. The 4/8/15 progress report indicated that the referral to a Physiatrist was for the performance of platelet-rich plasma (PRP) of the lumbar spine. Because platelet-rich plasma (PRP) is not supported by ODG guidelines, the Physiatry consultation is not necessary. Therefore, the request for consultation and treatment with a Physiatrist is not medically necessary.