

Case Number:	CM15-0091282		
Date Assigned:	05/15/2015	Date of Injury:	03/01/2004
Decision Date:	06/16/2015	UR Denial Date:	04/21/2015
Priority:	Standard	Application Received:	05/12/2015

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, Indiana, New York
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 54 year old female who sustained an industrial injury on 02/14/2005. Current diagnoses include shoulder impingement and wrist tendinitis/bursitis. Previous treatments included medication management, right shoulder surgery, right wrist surgery, and prior weight loss program. Report dated 03/30/2015 noted that the injured worker presented with complaints that included right shoulder and wrist pain. It was noted that the injured worker had previously attended a weight loss program with approximately 30 pound weight loss. It was noted that the injured worker currently weighs 198 pounds, 5 feet, and BMI is 38.9. The injured worker is severely obese. Physical examination was positive for abnormal findings. The treatment plan included a request for Lindora weight loss program, tapering of Norco, and return in four weeks. Disputed treatments include weight loss program for 2 weeks.

IMR ISSUES, DECISIONS AND RATIONALES

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

Weight loss program for 2 weeks: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Pharmacologic and surgical management of obesity in primary care: a clinical practice guideline from the American College of Physicians. Ann Intern Med 2005 Apr 5;142(7):525-31.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation <http://emedicine.medscape.com/article/123702-treatment>.

Decision rationale: Pursuant to Medline plus (see attached link) weight loss program is not medically necessary. Treatment of obesity starts with comprehensive lifestyle management (i.e. diet, physical activity, behavioral modification) which should include the following: self-monitoring of caloric intake and physical activity; goal setting; stimulus control; nonfood rewards; and relapse prevention. See attached link for details. In this case, the injured worker's working diagnoses are shoulder impingement; and wrist tendinitis/bursitis. Documentation, according to a March 30, 2015 progress note, states the injured worker is status post right shoulder arthroscopy, right carpal tunnel syndrome and De Quervain's. The injured worker reportedly underwent a weight loss program in the past and lost 30 pounds. The date of this program and documentation with objective functional improvement is not present in the medical record. Additionally, there is no documentation of an attempt to lose weight documented in medical record. The injured worker is 5'0", 198 pounds with a BMI of 38.9. There are no comprehensive lifestyle management alterations with self-monitoring and physical activity, goal setting, etc. attempted by the injured worker. The injured worker was enrolled in a commercial weight loss program and should be well versed in the necessary behavioral changes and dietary restrictions. Consequently, absent clinical documentation with an attempt to lose weight comprehensive lifestyle management alterations, weight loss program for two weeks is not medically necessary.