

<b>Case Number:</b>	CM15-0093848		
<b>Date Assigned:</b>	05/20/2015	<b>Date of Injury:</b>	02/10/2010
<b>Decision Date:</b>	06/24/2015	<b>UR Denial Date:</b>	04/14/2015
<b>Priority:</b>	Standard	<b>Application Received:</b>	05/15/2015

### 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, Pain Management

### 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 patient who sustained an industrial injury on 02/10/2010. The injury was described as being exposed to work related stress involving changes in the work place and possible elimination of his position. A recent primary treating office visit dated 03/19/2015 reported the patient with subjective complaint of with continued total body pain, chronic fatigue, problems sleeping, and having pain level increasing but skin lesions disappearing on the Humira. Objective findings showed a dramatic improvement in skin lesions to right palm and left index finger. There is no new joint swelling, normal neurologic examination and no rheumatoid arthritis deformities. He is diagnosed with other psoriasis, myalgia and myositis. The plan of care involved: continue with the Humira, Cymbalta and Glucosamine, recommending consultation pain management. The month prior at a visit on 12/09/2014 the patient had subjective complaint of total body pain, chronic fatigue, and problem sleeping. He reports the Humira is working as he's noticing less skin scaling and no new lesions. His low back pain seems worse and is waking him up during the night. There is no change in the treating diagnoses, or the plan of care. He will remain off from work until the follow up visit. Back on 11/25/2014 reported the Cymbalta making a big difference. A rheumatology follow up visit dated 07/14/2014 reported a permanent and stationary status. The patient had subjective complaint of pains everywhere mostly in the muscles and small joints of his hands, wrists and elbows. He states one of the things that have helped him was water therapy. Current medications are: Turmeric cream, Wellbutrin, Savella, Klonopin, Ibuprofen. He was diagnosed with having

fibromyalgia syndrome, depression, and internal derangement of bilateral knees and chronic back pain.

### **IMR ISSUES, DECISIONS AND RATIONALES**

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

**Cyclobenzaprine 2%/Tramadol 10%/Flurbiprofen 20% 210gm: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Topical Analgesics.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines 8 C.C.R Page(s): 111-113 of 127.

**Decision rationale:** Regarding the request for Cyclobenzaprine 2%/Tramadol 10%/Flurbiprofen 20% 210gm, CA MTUS states that topical compound medications require guideline support for all components of the compound in order for the compound to be approved. Muscle relaxants drugs are not supported by the CA MTUS for topical use. Tramadol is not supported in topical form. As such, the currently requested Cyclobenzaprine 2%/Tramadol 10%/Flurbiprofen 20% 210gm is not medically necessary.