MAXIMUS Federal Services

| Case Number: | CM15-0095611 | | |
|---|---|---|---|
| Date Assigned: | 05/22/2015 | Date of Injury: | 01/29/2010 |
| Decision Date: | 07/01/2015 | UR Denial Date: | 04/22/2015 |
| Priority: | Standard | Application Received: | 05/18/2015 |

## 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: Texas, New York, California
Certification(s)/Specialty: Preventive Medicine, Occupational 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 applicant is a represented 38-year-old who has filed a claim for chronic shoulder, neck, mid back, and low back pain reportedly associated with an industrial injury of January 29, 2010.In a Utilization Review report dated April 22, 2015, the claims administrator failed to approve a request for Relafen (nabumetone). The claims administrator referenced a RFA form received on April 14, 2015 in its determination. The applicant's attorney subsequently appealed. In an operative report dated March 6, 2015, the applicant underwent an arthroscopic acromioplasty, arthroscopic Mumford procedure, and arthroscopic SLAP repair procedure. On March 12, 2015, the applicant was asked to continue Norco and a sling some six days after shoulder surgery. On April 2, 2015, the applicant reported ongoing complaints of shoulder pain. The applicant developed derivative complaints of depression and anxiety. The applicant's medications included Norco, Relafen, Lexapro, and Biofreeze gel. Norco, Relafen, Biofreeze gel, and Lexapro were renewed and/or continued while the applicant was placed off of work, on total temporary disability.

## IMR ISSUES, DECISIONS AND RATIONALES

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

**Relafen (Nabumetone) 750mg #60:** Overturned

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Anti-inflammatory Medications Page(s): 22, 75, 92, 107.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Anti-inflammatory medications Page(s): 22.

**Decision rationale:** Yes, the request for Relafen (nabumetone) was medically necessary, medically appropriate, and indicated here. As noted on page 22 of the MTUS Chronic Pain Medical Treatment Guidelines, anti-inflammatory medications such as Relafen do represent the traditional first line of treatment for various chronic pain conditions, including the chronic shoulder pain reportedly present here. Here, the applicant was described as having ongoing complaints of shoulder pain as of the date of the request, April 2, 2015, i.e., some three weeks after the applicant had undergone earlier shoulder surgery. It was too soon, thus, for any meaningful discussion of functional improvement to transpire as of this date. Continued usage of Relafen was, thus, indicated. Therefore, the request was medically necessary. While this was, strictly speaking, a postoperative request as opposed to a chronic pain case, MTUS 9792.23.b2 stipulates that the Postsurgical Treatment Guidelines in section 9792.24.3 shall apply together with any other applicable treatment guidelines found within the MTUS. Since page 22 of the MTUS Chronic Pain Medical Treatment Guidelines did address the need for Relafen, it was therefore invoked.