

MEDICAL REVIEW OF TEXAS

[IRO #5259]

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DATE OF REVIEW: **APRIL 23, 2007**

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE

Work Hardening Program from 10/23/06 through 12/28/06

A DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER HEALTH CARE PROVIDER WHO REVIEWED THE DECISION

MD, Board Certified in Family Practice

REVIEW OUTCOME

Upon independent review the reviewer finds that the previous adverse determination/adverse determinations should be:

- Upheld (Agree)
- Overturned (Disagree)
- Partially Overturned (Agree in part/Disagree in part)

Provide a description of the review outcome that clearly states whether or not medical necessity exists for each of the health care services in dispute.

INFORMATION PROVIDED TO THE IRO FOR REVIEW

- TDI Forms
- Dr. review on 11/17/06
- paperwork
- Clinical notes and appeal/request letters from Dr.
- Healthcare records including psychotherapy, group therapy, physical therapy and multiple FCEs
- Independent evaluation from Dr.
- Dr. 's DDE on 8/1/06
- MRI reports for hand and wrist
- PPE dated 7/13/06

PATIENT CLINICAL HISTORY [SUMMARY]:

Patient incurred a crush injury to his left hand and wrist. Records of his initial treatment and evaluation were not submitted but enclosed records state he was seen at ER initially. Apparently he had x-rays and MRIs that were normal. He was treated with medications, physical therapy, and restrictive duty off work. Due to suboptimal response, he entered a Work Hardening Program. Also, he developed significant depression and anxiety directly related to his original injury.

He was placed on Lexapro and had individual psychotherapy/hypnotherapy. He made slow progress on his wrist injury but his psychiatric symptoms worsened after stopping his Lexapro and death of his mother. As of 11/30/06, his pain symptoms were 9 out of 10, muscle tension 8 out of 10, and depression 9 out of 10. Patient had resumed Lexapro around this timeframe. A FCE on 12/11/06 states the patient's progress has stalled and recommended CPMP and further psychotherapy.

ANALYSIS AND EXPLANATION OF THE DECISION INCLUDE CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT THE DECISION.

PATIENT EXPERIENCED AN INJURY AND IS STILL EXPERIENCING PAIN ALMOST ONE YEAR LATER AFTER EXTENSIVE TREATMENT. HIS INJURY IS NON-SURGICAL AND IS COMPLICATED WITH SIGNIFICANT ANXIETY AND DEPRESSION RESULTING FROM THE SAME INJURY. CANDIDATES FOR A WORK HARDENING PROGRAM MUST FULFILL SEVERAL CRITERIA TO MAXIMIZE THE CHANCE OF SUCCESS INCLUDING A MENTAL STATUS CONDUCIVE TO THE RIGORS OF THIS TYPE OF TREATMENT PROGRAM. ALSO, CONTINUED TREATMENT IS PREDICATED ON THE FACT THE PATIENT IS CONTINUING TO IMPROVE. UNFORTUNATELY FOR THIS PATIENT, SUBMITTED RECORDS SHOW HE STILL HAS SIGNIFICANT ANXIETY AND DEPRESSION SYMPTOMS AND HIS PHYSICAL PROGRESS HAS PLATEAUED. HE WOULD BE A MORE APPROPRIATE PATIENT FOR MORE AGGRESSIVE TREATMENT OF HIS PSYCHIATRIC SYMPTOMS AND THEN ASSESS IF HE CAN ENTER A WORK HARDENING PROGRAM OR SHOULD PROGRESS TO VOCATIONAL RETRAINING AND CPMP AS THE SUBMITTED RECORDS SUGGEST.

A DESCRIPTION AND THE SOURCE OF THE SCREENING CRITERIA OR OTHER CLINICAL BASIS USED TO MAKE THE DECISION:

- ACOEM- AMERICAN COLLEGE OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE UM KNOWLEDGEBASE**
- AHCPR- AGENCY FOR HEALTHCARE RESEARCH & QUALITY GUIDELINES**
- DWC- DIVISION OF WORKERS COMPENSATION POLICIES OR GUIDELINES**
- EUROPEAN GUIDELINES FOR MANAGEMENT OF CHRONIC LOW BACK PAIN**
- INTERQUAL CRITERIA**
- MEDICAL JUDGEMENT, CLINICAL EXPERIENCE AND EXPERTISE IN ACCORDANCE WITH ACCEPTED MEDICAL STANDARDS**
- MERCY CENTER CONSENSUS CONFERENCE GUIDELINES**
- MILLIMAN CARE GUIDELINES**
- ODG- OFFICIAL DISABILITY GUIDELINES & TREATMENT GUIDELINES**
- PRESSLEY REED, THE MEDICAL DISABILITY ADVISOR**
- TEXAS GUIDELINES FOR CHIROPRACTIC QUALITY ASSURANCE & PRACTICE PARAMETERS**
- TEXAS TACADA GUIDELINES**
- TMF SCREENING CRITERIA MANUAL**
- PEER REVIEWED NATIONALLY ACCEPTED MEDICAL LITERATURE (PROVIDE A DESCRIPTION)**
- OTHER EVIDENCE BASED, SCIENTIFICALLY VALID, OUTCOME FOCUSED GUIDELINES (PROVIDE A DESCRIPTION)**