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IRO REVIEWER REPORT TEMPLATE –WC

DATE OF REVIEW: **03/07/2007**

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE

Purchase of RS-LSO spinal orthosis with system LOC bracing for low back pain.

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

Doctor of Osteopathy, Boarded in Anesthesiology, Specializing in Pain Management

REVIEW OUTCOME

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

Upheld (Agree)

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.

Purchase of RS-LSO spinal orthosis with system LOC bracing for low back pain is not medically necessary.

INFORMATION PROVIDED TO THE IRO FOR REVIEW

- Referral dated 02/28/07
- Case Report dated
- Texas Department of Insurance: Notice to Case Assignment dated 02/12/07
- Texas Department of Insurance: Confirmation of Receipt of a Request For a Review dated 02/09/07
- LHL009: Request For A Review by an Independent Review Organization dated 02/07/07
- Letters dated 01/24/07, 01/12/07
- Request for Authorization dated 01/09/07
- P.A.: Letter dated 01/16/07
- Consultation dated 01/11/06 from M.D.
- Discharge Summary from M.D. related to 01/12/06 admission
- Prescription for Bracing dated 12/21/06

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- Progress Notes (handwritten) dated 12/24/06, 04/12/06, 03/28/06 and one undated
- Undated Company Request for IRO
- Undated article entitled, "Reduce intervertebral disc load, relieve low back pain"
- Undated article entitled, "RS-LSP Features-Benefits"
- Price List for RS-LSP Spinal Orthosis effective 02/06

PATIENT CLINICAL HISTORY [SUMMARY]:

The injured individual is a male. The diagnosis is low back pain. The injured individual had an MRI showing degenerative disk disease (DDD). He had physical therapy (PT) and weight loss but continued to experience back pain. He is nonsurgical. His physician is now recommending a form fitting back brace.

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

The LSO brace and other back braces have no proven efficacy based on a lack of well done research available in the literature. According to D.K. Resnick's Guidelines for the performance of fusion procedures for degenerative disease of the lumbar spine. Part 14: brace therapy as an adjunct to or substitute for lumbar fusion published in the Journal of Neurosurgical Spine (1), "Although conflicting reports have been presented in the literature regarding the utility of lumbar braces for the prevention of low-back pain, most Class III medical evidence suggests that these supports used prophylactically do not reduce the incidence of low-back pain or decrease the amount of time lost from work in the general working population." It is also stated, "They do not appear to be effective in the chronic low-back pain population." Therefore based on the submitted references (see below) and lack of peer-reviewed studies, this request would not be considered medically necessary.

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

MEDICAL JUDGEMENT, CLINICAL EXPERIENCE AND EXPERTISE IN ACCORDANCE WITH ACCEPTED MEDICAL STANDARDS

PEER REVIEWED NATIONALLY ACCEPTED MEDICAL LITERATURE (PROVIDE A DESCRIPTION)

1. J Neurosurg Spine 2005 Jun;2(6):716-24. Guidelines for the performance of fusion procedures for degenerative disease of the lumbar spine. Part 14: brace therapy as an adjunct to or substitute for lumbar fusion. Resnick DK.
   This reference states "Although conflicting reports have been presented in the literature regarding the utility of lumbar braces for the prevention of low-back pain, most Class III medical evidence suggests that these supports used prophylactically do not reduce the incidence of low-back pain or decrease the amount of time lost from work in the general working population." And "They do not appear to be effective in the chronic low-back pain population."

2. Occup Med 2002 Sep; 52(6): 317-23. Feasibility of lumbar supports for home care workers with low back pain. Jellema P. This reference states "there is a clear need for a randomized clinical trial on this topic."

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3. Spine 2001 Feb 15;25(4):37786. Lumbar supports for prevention and treatment of low back pain: a systematic review within the framework of the Cochrane Back Review Group. Jellema P. This reference states “There continues to be a need for high quality randomized trials on the effectiveness of lumbar supports. One of the most essential issues to tackle in these future trials seems to be the realization of adequate compliance.”