



Medical Review Institute of America, Inc.
America's External Review Network

DATE OF REVIEW: May 8, 2007

IRO Case #:

Description of the services in dispute:

Items in Dispute: CPT codes #90806 and #90901.

A description of the qualifications for each physician or other health care provider who reviewed the decision

The Psychologist who performed this review is licensed in Psychology by the state of Texas. This reviewer is a Diplomate of the American College of Forensic Examiners. This reviewer has been in active practice since 1976.

Review Outcome

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

Upheld

Medical necessity is not established for CPT codes #90806 and #90901.

Information provided to the IRO for review

Records received from the State:

- Notice to of Case Assignment, dated 4/19/07

Records received from:

- Letter to from / dated 4/20/07
- Notice of Assignment of Independent Review Organization, dated 4/19/07
- Patient Information Sheet
- Referral to Evaluate & Treat and Psychological Evaluation & Testing, dated xx/xx/xx
- Request Form, Request for a Review by an Independent Review Organization, dated 2/7/07
- Treatment Preauthorization Request from Center for #90806 – Individual Psychotherapy 1 x 6 weeks, #90901 – Biofeedback Psychophysiological Profile Assessment (EMG, PNG, TEMP, and SC/GSR, dated xx/xx/xx

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- Reconsideration: Treatment Preauthorization Request from Center for #90806 – Individual Psychotherapy 1 x 6 weeks, #90901 – Biofeedback Psychophysiological Profile Assessment (EMG, PNG, TEMP, and SC/GSR, dated 1/16/07
- Reconsideration: Preauthorization Request for Individual Therapy & Psychophysiological Assessment from, PhD/ Center, dated 1/16/07
- Letters to Center from, dated 1/10/07, 1/23/07
- Initial Consultation, LPC/ Center, dated 12/13/06
- Addendum, LPC, dated 12/13/06
- Radiology Report, MRI Lumbar Spine, dated 9/22/06
- History and Physical, DO, dated 11/29/06
- Follow-up, Dr., dated 12/13/06, 12/27/06, 1/24/07, 2/21/07
- History and Physical for Work Hardening, Dr., dated 3/28/07

Records received from Insurance Company:

- Notice of Assignment of Independent Review Organization, dated 4/19/07
- Letters to Center from, dated 1/10/07, 1/15/07, 1/23/07
- Reconsideration: Preauthorization Request for Individual Therapy & Psychophysiological Assessment from, PhD/ Center, dated 1/16/07
- Reconsideration: Treatment Preauthorization Request from Center for #90806 – Individual Psychotherapy 1 x 6 weeks, #90901 – Biofeedback Psychophysiological Profile Assessment (EMG, PNG, TEMP, and SC/GSR, dated 1/16/07
- Treatment Preauthorization Request from Center for #90806 – Individual Psychotherapy 1 x 6 weeks, #90901 – Biofeedback Psychophysiological Profile Assessment (EMG, PNG, TEMP, and SC/GSR, dated 12/20/06
- Request Form, Request for a Review by an Independent Review Organization, dated 2/7/07
- Referral to Evaluate & Treat and Psychological Evaluation & Testing, dated ??/29/06

Patient clinical history [summary]

The patient is a female who sustained an injury to the low back on xx/xx/xx. She reports she was performing her regular job duties. When lifting and moving some couches, approximately 80 to 100 pounds, she noted an onset of low back pain. She also reported injuries to the mid back, shoulder and lower extremity. Treatment to date has consisted of rest, medications, activity modification, 9 sessions of physical therapy and home exercise program training and injections. Initial diagnostics also include X-rays and MRI. MRI of 9/06 revealed L4–5 annular bulge with central tear and mild central stenosis. At L5–S1 there was evidence of a mild annular bulge. When the patient was seen for follow up in 12/06 she was recommended for further evaluation due to showing significant stress. The patient reported low mood, irritability, loss of interest in daily activities, decreased energy and appetite, self-criticism and difficulty concentrating and making decisions. She underwent behavioral assessment and was found to have psychological factors

impacting her ability to participate in effective rehabilitation. Diagnosis is depressive disorder. Beck depression was noted to be 20 and Beck anxiety testing was 14. At that time she was then recommended for a trial of individual psych therapy (IPT) sessions as well as a psychophysiological assessment (PPA) to evaluate for candidacy for biofeedback. Treatment goals were determined and are as follows: to assess and identify distorted thinking and establish alternative adaptive thoughts, enhance support network, establish relationship between pain experiences and pain behaviors, assist patient to challenge negative thinking, improve sleep, improve problem solving, improve stress management and develop vocational plans and goals. Subsequently IPT and the PPA were requested and denied twice upon physician review. The initial review was denied for lack of sufficient depression and anxiety to warrant psychological treatment. Request for reconsideration was made and this too was denied for lack of goal to include return to work. These denials are being disputed and request for independent review has been requested. At this time the items in dispute are denial for #90806 (Individual psychotherapy) and #90901 (biofeedback training by any modality) to include initial PPA.

Analysis and explanation of the decision include clinical basis, findings and conclusions used to support the decision.

There is agreement with the previous denials in that the treatment goals are not likely to have significant impact on the depression and anxiety reported. Also, the patient has clinically significant levels of depression and anxiety, but it is not clear that the achievement of the stated goals will significantly impact her reported complaints.

A description and the source of the screening criteria or other clinical basis used to make the decision:

1. The Official Disability Guidelines, Treatment Index, Stress/Mental Chapter
2. The Official Disability Guidelines, Treatment Index, Pain Chapter
3. ACOEM Guidelines Chapter 15 p. 398 and 400-1
4. Warren PA. The Management of Workplace Mental Health Issues and Appropriate Disability Prevention Strategies. Work Loss Data Institute. March 2005.

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