

REVIEWER'S REPORT

DATE OF REVIEW: 12/26/07

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Lumbar epidural injection with fluoroscopy and four to six trigger point injections (62311, 77003, 72275, 20550, 99144, 99070-AS, 99070-ST)

DESCRIPTION OF QUALIFICATIONS OF REVIEWER:

M.D., board certified by American Board of Anesthesiology with added qualifications in Pain Management

REVIEW OUTCOME:

Upon independent review, I find that the previous adverse determination or determinations should be:

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

This review upholds the adverse determination by the carrier for the performance of lumbar epidural steroid injection (62311, 72275 & associated 99144, 99070-AS, 99070-ST). This reviewer is of the opinion that the trigger point injections as indicated above are medically necessary in this case (20550 & associated 99144, 99070-AS, 99070-ST).

INFORMATION PROVIDED FOR REVIEW:

1. TDI case assignment.
2. Utilization Review documentation, letters of denial dated 08/30/07, 09/14/07, 11/30/07, and 12/14/07 and criteria utilized in the denial - Official Disability Guidelines.
3. Office visits with Pain Management dated 04/11/06 through 11/20/07 (8).

INJURED EMPLOYEE CLINICAL HISTORY (Summary):

The patient is a male with a history of paraplegia related to an injury. The patient is now wheelchair dependent and complains of pain in the lower extremities and lower back. Examination dated 10/18/2007 notes "specific areas of active and reproducible trigger point tenderness to the quadratus lumborum, gluteus maximus, and the gluteus medius." He is presently managed with Lyrica, baclofen and hydrocodone. An MRI dated 08/07/2007 demonstrated L3-4, L4-5, L5-S1 posterior broad-based disc protrusion and moderate foraminal stenosis.

ANALYSIS AND EXPLANATION OF THE DECISION, INCLUDING CLINICAL BASIS, FINDINGS AND CONCLUSIONS USED TO SUPPORT DECISION:

The submitted documents do not document the presence of lumbar radiculopathy. The history, examinations, and MRIs document no nerve root involvement for radicular symptoms. The Official

Disability Guidelines require that radiculopathy must be documented as a criteria for the performance of epidural steroid injection. There is simply no indication for the use of epidural steroid injection in the setting of axial low back pain.

The presence of pain trigger points as noted in the examination of 10/18/2007 suggests that trigger point injections are indicated would be beneficial at the noted points.

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

(Check any of the following that were used in the course of your review.)

- ACOEM-American College of Occupational & Environmental Medicine UM Knowledgebase.
- AHCPH-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 judgment, clinical experience and expertise in accordance with accepted medical standards.
- Mercy Center Consensus Conference Guidelines.
- Milliman Care Guidelines.
- ODG-Official Disability Guidelines, **Epidural Steroid Injection**
- Pressley Reed, The Medical Disability Advisor.
- Texas Guidelines for Chiropractic Quality Assurance & Practice Parameters.
- Texas TACADA Guidelines.
- TMF Screening Criteria Manual.
- Peer reviewed national accepted medical literature (provide a description).
- "Interventional techniques: Evidence-Based Guidelines in the Management of Chronic Spinal Pain," American Society of Interventional Pain Physicians published in Pain Physician 2007, Volume 10, pages 7 through 111. Please specifically see page 47.
- Other evidence-based, scientifically valid, outcome-focused guidelines (provide a description.) "International Research Foundation for RSD/CRPS, Clinical Practice Guidelines, Third Edition," dated 07/07/07; "Reflex Sympathetic Dystrophy Syndrome Association, Complex Regional Pain Syndrome: Treatment Guidelines", Milford, Connecticut, June 2006, 67 pages.