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Notice of Independent Review Decision

DATE OF REVIEW: 05/01/08

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE

Item in dispute: Four (4) sessions of individual psychotherapy

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

Diplomate of the American Board of Pain Medicine
Diplomate of the American Board of Psychiatry & Neurology in Psychiatry
Diplomate of the American Board of Quality Assurance & Utilization Review
American Society of Addiction Medicine
TDI-DWC ADL Level II
TDI-DWC Designated Doctor
TDI-DWC Maximum Medical Improvement & Impairment Rating Doctor

REVIEW OUTCOME

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

Denial Upheld

INFORMATION PROVIDED TO THE IRO FOR REVIEW

1. 11/07/07 thru 03/03/08 –Healthcare Systems.
2. 02/11/08 –denial.
3. 03/05/08 –denial.
4. 04/15/08 – TDI forms.
5. ***Official Disability Guidelines.***

PATIENT CLINICAL HISTORY [SUMMARY]:

This is a gentleman who suffered a work injury. He has had various diagnostic testing, conservative care, interventional procedures, and is working full-time light duty. He has completed a work hardening program. An appeal letter dated 03/03/08 stated that the employee has suffered from depressive symptoms. There was a Beck depression and anxiety inventory that are 21 and 22 respectively. These are not diagnostic of mental illnesses. There are no specific cognitive distortions, automatic assumptions, homework assignments, or other cognitive behavioral psychotherapy techniques that are being proposed. There was no physical examination. This is important in somebody complaining of pain complaints.

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

Four sessions of individual psychotherapy are not reasonable or medically necessary. Current disability management standards do not support over medicalization of work injuries. The employee has been through a work hardening program (which includes mental health intervention as well as physical strengthening), is back to work with restrictions, and there is no specific information as to what four individual psychotherapy sessions would hope to accomplish; i.e., specifically targeted symptoms. Risk of reinforcing disability rather than ability status is very high.

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

1. ***Official Disability Guidelines*** pain section accessed June 20, 2007