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NOTICE OF INDEPENDENT REVIEW DECISION

DATE OF REVIEW: Jan/03/2010

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE: 10 additional sessions of Chronic Pain Management Program

DESCRIPTION OF THE QUALIFICATIONS FOR EACH PHYSICIAN OR OTHER HEALTH CARE PROVIDER WHO REVIEWED THE DECISION: MD, Board Certified in Physical Medicine and Rehabilitation; Board Certified in Pain Management

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)

INFORMATION PROVIDED TO THE IRO FOR REVIEW

Adverse Determination Letters, 10/19/09, 11/20/09
Work & Accident Clinic, LLP 8/21/08, 8/25/08
Health 8/19/09, 10/13/09, 10/19/09, 11/11/09, 9/16/08
D.C. 10/12/09, 10/13/09
D.O. 8/25/09
Imaging, 9/13/08
ODG Guidelines and Treatment Guidelines

PATIENT CLINICAL HISTORY SUMMARY

This woman was injured on xx/xx/xx in a work related MVA. She subsequently developed neck, low back, chest and shoulder pain. Her cervical MRI (9/12/08) showed disc bulges at C2/3, C5/6 and C6/7 without nerve root compromise. The physical examination provided by Dr. demonstrated local tenderness, but no neurological loss. She failed to improve with 10 days of work hardening program and was entered into a chronic pain program. The records indicate she completed 10 days of CPMP. Reports from Day 6 showed an increase in frustration, no change with irritability, a slight drop in pain, tension, anxiety, depression, but with more improvement in sleep and improved forgetfulness. An FCE was performed. The narrative from Mr. Bohart described a reduction in the patient's daily use of hydrocodone. There was reportedly improvement in her ADL functions such as housekeeping, social interactions, etc. Her anticipated job requires her to function at a medium PDL, but after the 10 days of CPMP, her PDL remains at a light to medium level, unchanged from her base line.

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

In order to continue in a chronic pain management program beyond an initial 10 sessions, the ODG requires the demonstration of both objective and subjective gains. This condition has

been met in this patient's case. There has been limited improvement in her PDL level. Records indicate she is making some functional gains as described by Mr. in her ADLS and social interactions. The records document compliance in the program. The ODG does recognize there could be some worsening of the pain. Overall, however, the patient meets criteria for continuation of the program for an additional 10 days. The reviewer finds that medical necessity exists for 10 additional sessions of Chronic Pain Management Program.

Chronic pain programs (functional restoration programs)

Recommended where there is access to programs with proven successful outcomes...

Criteria for the general use of multidisciplinary pain management programs

Outpatient pain rehabilitation programs may be considered medically necessary in the following circumstances:...

(6) Once the evaluation is completed, a treatment plan should be presented with specifics for treatment of identified problems, and outcomes that will be followed

(7) There should be documentation that the patient has motivation to change, and is willing to change their medication regimen (including decreasing or actually weaning substances known for dependence). There should also be some documentation that the patient is aware that successful treatment may change compensation and/or other secondary gains. In questionable cases, an opportunity for a brief treatment trial may improve assessment of patient motivation and/or willingness to decrease habituating medications. ...

(10) Treatment is not suggested for longer than 2 weeks without evidence of compliance and significant demonstrated efficacy as documented by subjective and objective gains. (Note: Patients may get worse before they get better. For example, objective gains may be moving joints that are stiff from lack of use, resulting in increased subjective pain.) However, it is also not suggested that a continuous course of treatment be interrupted at two weeks solely to document these gains, if there are preliminary indications that they are being made on a concurrent basis. ...

(12) Total treatment duration should generally not exceed 20 full-day (160 hours) sessions (or the equivalent in part-day sessions if required by part-time work, transportation, childcare, or comorbidities). (Sanders, 2005) Treatment duration in excess of 160 hours requires a clear rationale for the specified extension and reasonable goals to be achieved. Longer durations require individualized care plans explaining why improvements cannot be achieved without an extension as well as evidence of documented improved outcomes from the facility (particularly in terms of the specific outcomes that are to be addressed)....

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

ACOEM-AMERICA 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)