

SENT VIA EMAIL OR FAX ON
Jul/19/2010

Applied Assessments LLC

An Independent Review Organization

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NOTICE OF INDEPENDENT REVIEW DECISION

DATE OF REVIEW:

Jul/14/2010

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Individual Health and Behavioral Interventions X 4; 1 hour per session

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

Board certified in Physical Medicine and Rehabilitation with expertise in pain management, wound management and geriatrics. Medical Director of Rehabilitation.

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

OD Guidelines

Denial Letters 4/15/10 and 5/13/140

3/2/10 thru 6/21/10

IRO Summary 7/1/10

Dr. 6/1/07 thru 6/11/07

MRI 6/4/07

Dr. 6/20/07

Dr. 2/25/10 thru 6/10/10

193 pages from the Carrier 5/24/07 thru 7/1/10

PATIENT CLINICAL HISTORY SUMMARY

This is a patient with a date of birth of xx/xx/xx. She has multiple medical problems including hypertension, diabetes, elevated cholesterol and coronary artery disease. Both parents have died from coronary events. She is 5'4" and 168 pounds. She had a coronary artery bypass in November of 2009. She worked as an overnight associate at xxxx for 5 and ½ years. She

was a xxxx. She reports that on xx/xx/xx she was lifting boxes and products for some time. Two hours after this event she reported back pain. An MRI shows DDD at L5/S1 and there is paracentral disc protrusion with extension into the disc space. She had a prior MRI in 2006 after an MVA. This MRI shows 5mm disc bulging at L5S1. She has had 10 PT visits. She reports depression. She has negative Wadell signs. She has had a psychologic evaluation that indicates she is a candidate for counseling. Psychologic evaluation states she does have pain behavior. She is reporting low back pain, bilateral leg pain with numbness to the feet and toes. There is limitation in lumbar mobility. Medications are ectodolac, vicodin, citaloprim, lexapro, darvocet, metformin, cymbalta, and ASA.

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

This woman has CAD and has had a recent coronary artery bypass graft. Both parents are deceased secondary to heart disease. The literature does report depression as being common after coronary artery bypass. The literature reports that counseling and behavioral treatment is indicated for this depression. She had muscle pain, which is common following repeated use of the muscles and body. The MRI shows a chronic underlying condition. However, psychologic treatment is recommended for depression following coronary artery bypass graft. She has had a psychologic evaluation that recommends treatment.

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)

[Arch Gen Psychiatry](#). 2009 Apr;66(4):387-96. **Treatment of depression after coronary artery bypass surgery: a randomized controlled trial.** [Freedland KE](#), [Skala JA](#), [Carney RM](#), [Rubin EH](#), [Lustman PJ](#), [Dávila-Román VG](#), [Steinmeyer BC](#), [Hogue CW Jr](#). Department of Psychiatry, Washington University School of Medicine, 4320 Forest Park Ave, Ste 301, St Louis, MO 63108, USA.
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