



Southwestern Forensic  
Associates, Inc.

**REVIEWER'S REPORT**

**DATE OF REVIEW:** 09/27/10

**IRO CASE #:**

**DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:**

Six sessions of psychotherapy over 8 weeks

**DESCRIPTION OF QUALIFICATIONS OF REVIEWER:**

M.D., licensed in the State of Texas, board certified in Psychiatry

**REVIEW OUTCOME:**

“Upon independent review, I find that the previous adverse determination or determinations should be (check only one):

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

**INFORMATION PROVIDED FOR REVIEW:**

1. TDI referral
2. URA, findings, 8/12/2010 to 9/1/2010
3. Behavioral Health, office notes, 7/28/10 to 8/12/10
4. Institute, office notes, 4/5/06 to 4/15/08
5. Solutions, peer review, 3/9/07
6. Pain Management, office notes, 2/19/09
7. DC, office notes, 4/6/10 to 6/8/10
8. Physician's Stand Up MRI, Cervical MRI, 4/27/07
9. Radiology Assoc., Cervical CT with and without contrast, 4/13/07

**INJURED EMPLOYEE CLINICAL HISTORY (Summary):**

The case is related to a male with a date of injury of xx/xx/xx as a result of a moving vehicle accident. He has had neck and back pain and weakness complaints. Over the years he has been treated conservatively as well as with surgical care, receiving a fusion in 2003 and additional cervical surgery in 2007. He has been making complaints about lack of cognition, which, according to the patient, are subsequent to the injury. He has been referred for a neuropsychological evaluation. His medications include hydrocodone, Lyrica, tramadol, lisinopril, Nexium, Metformin, Tricor, and Onglyza. I believe recently his treating physician has started him on Cymbalta, as well. The current request is for six sessions of individual psychotherapy. The patient was evaluated by the

treater and found to have elevations on the Beck Depression Inventory as well as the Beck Anxiety Inventory as well as other rating scales used to evaluate pain including the Fear Avoidance Beliefs Questionnaire, the Patient Pain Drawing, Pain Experience Scale, McGill Pain Questionnaire, sleep questionnaire, and Net Disability Index Questionnaire. His scores on the Beck Depression Inventory and Beck Anxiety Inventory were both in the severe category. These inventories are recognized rating scales that have been used in drug effectiveness studies when attempting to measure the efficacy of antidepressant treatments. The history further documents that the patient's psychological difficulties occurred after his injury, and there was no history of treatment prior to the injury. The Beck Depression Inventory and Beck Anxiety Inventory were proposed by the treating therapist to be used as a way the measure the effectiveness of therapy.

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

In the Official Disability Guidelines chapter on Pain, psychotherapy in the context of a patient's chronic pain condition is indicated when there is an appropriately identified patient. Based on the documentation submitted, this patient is appropriately identified. While the Beck Depression Inventory and Beck Anxiety Inventory are subjective ratings scales, they are recognized tools for examining the effectiveness of treatment, whether they are psychotherapy or medication treatments. Therefore, in my opinion, the treatment proposed is reasonable, and there are reasonable goals and ways to measure success with these goals.

**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.
- 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 judgment, 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 national accepted medical literature (provide a description).
- Other evidence-based, scientifically valid, outcome-focused guidelines (provide a description.)