

SENT VIA EMAIL OR FAX ON
Aug/30/2010

Applied Assessments LLC

An Independent Review Organization

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NOTICE OF INDEPENDENT REVIEW DECISION

DATE OF REVIEW:

Aug/30/2010

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Individual Psych and Biofeedback Therapy (EMG, PNG, and TEMP) 1 X 6, 6 sessions

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

Clinical psychologist; Member American Academy of 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

OD Guidelines

Denial Letters 7/2/10 and 7/29/10

Treatment 4/8/10thru 7/28/10

AMI 3/30/10

Dr. 3/27/10

MRI 2/14/10

PATIENT CLINICAL HISTORY SUMMARY

The claimant is a male who was injured at work on xx/xx/xx. At the time, he was performing his job when he slipped and fell from a 6-foot ladder, sustaining injuries to his low back, neck, left shoulder and knee. Patient received x-rays at the emergency room, which were negative for fractures, and has established treating with Dr.. Since the injury, records indicate he has not returned to work.

On 4-8-10, patient presented for initial behavioral evaluation at treatment center with expressed average pain at 5/10. Patient's BDI at the time was 47 and BAI was 31. Mental

status exam showed dysthymic mood, and flat affect. As a result of the interview and testing, patient was diagnosed with 296.23 Major Depressive Disorder. Patient was approved for, and has completed 6 sessions of IPT. The current request is for continuation of the same with biofeedback added to the cognitive-behavioral therapy program. Goal is to employ cognitive-behavioral and relaxation therapy to continue to make strides with this patient's overall mental and medical functioning.

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

Patient has completed the first set of sessions, and has been able to substantially decrease his severe BDI and BAI scores, as well as decrease his pain and need for medication. Coping skills and fears of re-injury are being addressed and biofeedback can be added as another important adjunct at this point. Additionally, ODG encourages this minimal level of intervention at this point in order to increase the chances of return to work for this type of patient.

The results of the psych interview and testing indicate that patient could benefit from cognitive-behavioral interventions aimed at continuing to improve coping skills in order to reduce problems with fear, anxiety, depression and psychosocial issues. A stepped-care approach to treatment has been followed, as per ODG, and the requested IT and biofeedback sessions appear reasonable and necessary to treat the issues arising from the patient's injury-related pain and off-work status with a goal of increased overall physical and emotional functioning.

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)