

SENT VIA EMAIL OR FAX ON
Jan/24/2011

Applied Resolutions LLC

An Independent Review Organization
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NOTICE OF INDEPENDENT REVIEW DECISION

DATE OF REVIEW:

Jan/24/2011

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

10 sessions of chronic pain management

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

Medical physician Board-certified in Physical Medicine and Rehabilitation.
Medical Director of Rehabilitation Medicine.

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

11/16/10 and 12/2/10

11/3/10 thru 11/20/10

Dr. 6/2/10

Report of Medical Evaluation 5/24/10

PATIENT CLINICAL HISTORY SUMMARY

This claimant has a date of birth of xx/xx/xx. She was working on xx/xx/xx when she reported a fall. She has complained of neck, low back, left shoulder and left knee pain. She has had a left knee arthroscopy. She has had injections to the back and neck. This provided 30% relief of her neck pain and no relief of the low back pain. She has a BDI of 27 and a BAI of 37. She has not had individual psychological therapy. She was placed at MMI on 6/20/2010 with an IR of 13%. MRI of the lumbar spine shows disc bulges. MRI of the cervical spine

shows a C56 HNP. MRI of the left hip is WNL. MRI of the left shoulder shows AC arthropathy with effusion. EMG shows a right wrist median neuropathy

There is a request for a CPP trial.

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

Chronic pain programs are recommended where there is access to programs with proven successful outcomes, such as decreased pain and medication use, improved function and return to work and decreased utilization of the health care system. There should be evidence that a complete diagnostic assessment has been made, with a detailed treatment plan of how to address physiologic, psychological and sociologic components that are considered components of the patient's pain. **The patient should show evidence of motivation to improve and return to work and meet the selection criteria.** The predictors of failure in a CPP are poor work adjustment and satisfaction, a negative outlook about future employments, high levels of pretreatment depression, pain and disability, increased duration of pre-referral disability time, higher levels of opioid use and elevated pre-treatment levels of pain

The predictors of failure in a CPP include high levels of pretreatment depression. This claimant has high levels of pretreatment depression. The current literature reports the correlation of depression and pain. Her IR of 13% is based on her continued pain complaints. The management of her depression with psychological therapy has not first been tried to attempt to control her depression and additionally her pain. Guidelines recommend: psychological treatment is the more conservative option and should first be tried.

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)