

SENT VIA EMAIL OR FAX ON  
Jan/25/2011

## True Decisions Inc.

An Independent Review Organization  
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### NOTICE OF INDEPENDENT REVIEW DECISION

**DATE OF REVIEW:**

Jan/20/2011

**IRO CASE #:**

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

Initial Work Hardening X 10 days, 8 hours a day; Work Hardening Add-On

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

Board Certified in Physical Medicine and Rehabilitation  
Subspecialty Board Certified in Pain Management  
Subspecialty Board Certified in Electrodiagnostic Medicine  
Residency Training PMR and ORTHOPAEDIC SURGERY

**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**

**PATIENT CLINICAL HISTORY SUMMARY**

This is a woman who developed right mid back pain after loading boxes on xx/xx/xx. Apparently there is no neurological finding. She had local pain and therapy. She is on ketoprofen and Flexeril. The psychological assessment (10/29/10) showed high depression, anxiety and some somatization and poor coping skills. One reviewer commented on a prior

similar back problem.

Her job description requires lifting up to 60 pounds. She had 4 FCEs. The first, on 9/1/10 at showed her lifting less than 10 pounds. A second FCE reportedly performed on 10/6/10 was cited by prior reviewers. It showed she was at a light to medium category. It showed her being able to meet most of the job requirements however she was 10 pounds short of reaching the occasional and 5 pounds from the frequent knuckle and floor to shoulder lifts. It reportedly showed her to have normal motion, but she developed pain. A third FCE at (11/1/10) showed her to have reduced motion and the ability to lift 30-35 pounds. A fourth FCE was done on 11/14/10 again at Center. It showed her to be able to lift 25 pounds frequently and 40 pounds occasionally. This was similar to the 10/6/10 test.

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

The prior decisions to deny her the work hardening program were based upon the functional levels in the missing FCE. The subsequent 2 FCEs showed her not to be at this higher level. The question is why. One issue to be considered is that 3 FCEs were done at different sites and possibly with different protocols. This limits the assessment of documented progress. The 2 FCEs at TEC showed minimal changes. It appears she had not reached her required job functional level and that the additional work hardening program is justified.

**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)