

SENT VIA EMAIL OR FAX ON
Mar/18/2011

Applied Resolutions LLC

An Independent Review Organization
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NOTICE OF INDEPENDENT REVIEW DECISION

DATE OF REVIEW:

Mar/18/2011

IRO CASE #:

DESCRIPTION OF THE SERVICE OR SERVICES IN DISPUTE:

Individual Psychotherapy x 6 sessions over 8 wks.

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

OD Guidelines

8/20/10 thru 1/28/11

Dr. 6/8/10 thru 1/26/11

Test 1/5/11

10/18/10 and 10/19/10

Dr. 11/15/10 and 11/16/10

5/28/10 and 1/25/11

MRI 7/14/10

IRO Summary 3/8/11

8/13/10

Peer Review 8/16/10

Group 6/11/10 thru 3/9/11

Dr. 6/15/10 thru 2/16/11

IRO Decision 3/3/11

1/28/11 and 2/24/11

PATIENT CLINICAL HISTORY SUMMARY

This is a who reportedly developed low back pain while moving objects on xx/xx/xx. She saw numerous practitioners who did not describe any specific neurological loss. She had an MRI that showed central disc protrusions at L4/5 and L5/S1 without nerve root compromise. An EMG was interpreted as showing an L4 radiculopathy based upon spontaneous activity in the paraspinal muscles, tibialis anterior and vastus lateralis. Dr. planed surgery for the discogenic pain and wanted a preoperative and postoperative psychological assessment. The IRO reviewer gathers it was never completed and subsequently was cancelled. She had a DD exam and failed to show for 2 FCEs. Ms Auflacht described depression, anxiety, fear avoidance, etc interfering with her recovery.

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

The ODG addresses the psychological interventions for chronic pain. She is nearly a year post injury and meets that definition for chronic pain. The ODG recognizes a role for cognitive treatment as an alternative to surgery, specifically back surgery with fusion. It advised the following:

Consider separate psychotherapy CBT referral after 4 weeks if lack of progress from PT alone:

- Initial trial of 3-4 psychotherapy visits over 2 weeks**
- With evidence of objective [functional improvement](#), total of up to 6-10 visits over 5-6 weeks (individual**

The dilemma is that the ODG will generally allow 3-4 sessions to start and a total of 6-10 with demonstrable improvement. The request is in an “all or none situation.” It is clear from Ms. that she has developed a perception of severe impairment. Dr. correctly attributes the radiological findings to normal aging. The problem now is to end the iatrogenic “stinking thinking” and hasten her recover and return to gainful employment before developing more fixated on her functional loss and chronic pain. The request is medically necessary.

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)