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### Notice of Independent Review Decision

**DATE OF REVIEW: 10/9/2013**

**IRO CASE #**

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

Work Hardening 5 x week x 2 weeks (80 hours)

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

M.D. Board Certified in Occupational medicine and Urgent Care 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**

Document Type	Date(s) - Month/Day/Year
Department of Insurance Notice of Case Assignment	9/19/2013
Notification of Adverse Determinations	8/30/2013-9/18/2013
Pre-Authorization Request Reconsideration	8/27/2013 09/09/2013
Job Description	2011
Physical Performance Evaluation Office Visit Note	08/14/2013

#### **PATIENT CLINICAL HISTORY [SUMMARY]:**

The Patient has filed a claim for contusions of the chest, neck and spine reportedly associated with a work related injury on xx/xx/xx.

Thus far, he has been treated with the following: analgesics medications; 12 sessions of physical therapy; and extensive periods of time off of work.

The claimant has been diagnosed with chest wall contusions, pain disorder with psychological factors and is described on a psychological intake of xx/xx/xx as possessing a global assessment of functioning (GAF) of 62.

A Functional Capacity Evaluation (FCE) of 08/14/2013 suggests that the claimant tests within the light physical demand level while his job demands are heavy. Fear and avoidance are contributing to the outcome, it is suggested.

An office visit of 8.8.2013 suggests that the claimant reports persistent rib pain, 6/10, is on



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Motrin and Norco for pain relief, and exhibits a guarded gait with 5/5 upper extremity strength on manual muscle testing. The claimant is asked to pursue work hardening.

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

Per ODG references the requested "Work Hardening 5 x week x 2 weeks (80 hours) is not medically necessary.

As noted in the ODG work hardening topic, some of the criteria for admission to a work hardening program include discussion of current employability, future employability, and time off work. In this case, there is no such discussion. It is not clearly stated whether or not the claimant, in fact, has a job to return to. Other ODG criteria have likewise not been met. The FCE performed does not appear to be valid. The claimant apparently is self-limited on numerous tasks secondary to pain and avoidant behavior. Furthermore, ODG suggests that those individuals admitted to work hardening courses should not be candidates for whom surgery, injections, or other treatments would clearly be warranted to improve function. In this case, it is not clearly stated why the claimant cannot be successfully rehabilitated through home exercises, psychotropic medications and/or outpatient counseling.

**A DESCRIPTION AND THE SOURCE OF THE SCREENING CRITERIA OR OTHER CLINICAL BASIS USED TO MAKE THE DECISION:**

- ACOEM- AMERICAN COLLEGE OF OCCUPATIONAL & ENVIRONMENTAL MEDICINE KNOWLEDGE BASE
- 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