

**MAXIMUS FEDERAL SERVICES, INC.**

Independent Medical Review

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**Notice of Independent Medical Review Determination**

Dated: 12/2/2013

[REDACTED]

[REDACTED]

Employee:	[REDACTED]
Claim Number:	[REDACTED]
Date of UR Decision:	7/26/2013
Date of Injury:	3/31/2006
IMR Application Received:	8/12/2013
MAXIMUS Case Number:	CM13-0009819

- 1) MAXIMUS Federal Services, Inc. has determined the request for a **Paraffin bath for the right hand for home use is not medically necessary and appropriate.**

## INDEPENDENT MEDICAL REVIEW DECISION AND RATIONALE

An application for Independent Medical Review was filed on 8/12/2013 disputing the Utilization Review Denial dated 7/26/2013. A Notice of Assignment and Request for Information was provided to the above parties on 9/17/2013. A decision has been made for each of the treatment and/or services that were in dispute:

- 1) MAXIMUS Federal Services, Inc. has determined the request for a **Paraffin bath for the right hand for home use** is not **medically necessary and appropriate**.

### **Medical Qualifications of the Expert Reviewer:**

The independent Medical Doctor who made the decision has no affiliation with the employer, employee, providers or the claims administrator. The physician reviewer is Board Certified in Orthopedic Surgery, has a subspecialty in Fellowship Trained in Shoulder and Elbow Surgery and is licensed to practice in California. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The Expert Reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and treatments and/or services at issue.

### **Expert Reviewer Case Summary:**

The patient is a 61 year old female who reported an injury on February 14, 2012. The injury is noted to have occurred when the patient was holding a tray and it slipped, causing a snap in her right wrist. The patient was treated by Dr. [REDACTED] from February 26, 2013 through July 30, 2013. Current diagnoses include right carpal tunnel syndrome and right finger flexor tenosynovitis. The patient received an injection of Kenalog and lidocaine on April 22, 2013. She has also undergone a course of physical therapy. Physical examination revealed a palpable mass in the palmar aspect of the hand consistent with tenosynovitis, tenderness to palpation of the joint line, reduced grip strength, and reduced sensation in the median nerve distribution. Current treatment plan included authorization for acupuncture treatment for the lower back, TENS unit, and continuation of current medications.

### **Documents Reviewed for Determination:**

The following relevant documents received from the interested parties and the documents provided with the application were reviewed and considered. These documents included:

- Application of Independent Medical Review
- Utilization Review Determination
- Medical Records from Employee/Employee Representative
- Medical Treatment Utilization Schedule (MTUS)

**1) Regarding the request for a Paraffin bath for the right hand for home use:**

Section of the Medical Treatment Utilization Schedule Relied Upon by the Expert Reviewer to Make His/Her Decision

The Claims Administrator based its decision on the the Official Disability Guidelines, Forearm, Wrist and Hand Chapter, DME and Paraffin Wax Baths, which are not a part of MTUS.

The Expert Reviewer found that no section of the MTUS was applicable. Per the Strength of Evidence hierarchy established by the California Department of Industrial Relations, Division of Workers' Compensation, the Expert Reviewer based his/her decision on the Official Disability Guidelines, Forearm, Wrist and Hand Chapter, Paraffin Wax Baths.

Rationale for the Decision:

The Official Disability Guidelines state paraffin wax baths are recommended as an option for arthritic hands if used as an adjunct to a program of evidence-based conservative care. According to a review, paraffin wax baths combined with exercise can be recommended for beneficial short-term effects for arthritic hands. As per the medical documentation submitted for review, there is no evidence of a diagnosis of arthritis of the hand that has been corroborated by clinical imaging studies or plain films. There is also no evidence of this employee's active participation in a physical rehabilitation program. Therefore, the patient does not meet criteria for use of a paraffin wax bath. **The request for a paraffin bath for the right hand is not medically necessary and appropriate.**

**Effect of the Decision:**

The determination of MAXIMUS Federal Services and its physician reviewer is deemed to be the final determination of the Administrative Director, Division of Workers' Compensation. With respect to the medical necessity of the treatment in dispute, this determination is binding on all parties.

In accordance with California Labor Code Section 4610.6(h), a determination of the administrative director may be reviewed only if a verified appeal is filed with the appeals board for hearing and served on all interested parties within 30 days of the date of mailing of the determination to the employee or the employer. The determination of the administrative director shall be presumed to be correct and shall be set aside only upon proof by clear and convincing evidence of one or more of the grounds for appeal listed in Labor Code Section 4610.6(h)(1) through (5).

Sincerely,

Paul Manchester, MD, MPH  
Medical Director

cc: Department of Industrial Relations  
Division of Workers' Compensation  
1515 Clay Street, 18<sup>th</sup> Floor  
Oakland, CA 94612

/dso

Disclaimer: MAXIMUS is providing an independent review service under contract with the California Department of Industrial Relations. MAXIMUS is not engaged in the practice of law or medicine. Decisions about the use or nonuse of health care services and treatments are the sole responsibility of the patient and the patient's physician. MAXIMUS is not liable for any consequences arising from these decisions.