

Case Number:	CM14-0102410		
Date Assigned:	07/30/2014	Date of Injury:	05/31/2010
Decision Date:	09/30/2014	UR Denial Date:	06/18/2014
Priority:	Standard	Application Received:	07/02/2014

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Physical Medicine & Rehabilitation, has a subspecialty in Pain Medicine 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 disputed items/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

The injured worker is a 58-year-old female who reported injuries due to continuous trauma between 05/31/2010 and 05/31/2011. On 06/12/2014, her diagnoses included cervical strain with referred pain, but no findings of radiculopathy, right shoulder cuff tendinitis, bursitis and impingement status post surgery with residuals, left shoulder rotator cuff tendinitis and bursitis, bilateral mild medial and lateral epicondylitis of the elbows, mild right wrist sprain/strain with no evidence of De Quervain's disease, minimal left wrist sprain/strain, bilateral diabetic neuropathy of the upper extremities and probably bilateral carpal tunnel syndrome status post release on the right with residuals. In the recommendations it was suggested that she adopt a non-acid reflux aggravating diet and was advised to lose weight and take omeprazole with the addition of Gaviscon and Zantac. There was no rationale or Request for Authorization included in this injured worker's chart.

IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

Weight Loss Program: Upheld

Claims Administrator guideline: The Claims Administrator did not cite any medical evidence for its decision.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG), Diabetes, Lifestyle (diet & exercise) modifications.

Decision rationale: The request for weight loss program is not medically necessary. Per the Official Disability Guidelines, lifestyle modifications including diet and exercise are recommended as first line interventions. Lifestyle modifications are essential for all patients with diabetes. Reduction of obesity and an active lifestyle can have major benefits. Medical nutritional therapy must be individualized with insulin dosage adjustments to match carbohydrate intake, high glycemic index food limitations, adequate protein intake, heart healthy diet use, weight management and sufficient physical activity. The best long term approach is to avoid restriction of any major nutrient, either fat or carbohydrate and instead focus on the quality of nutrients. Relatively unprocessed, low glycemic index foods are best, cutting back on white bread, white rice, potato products, prepared breakfast cereals and concentrated sugars. A slight reduction in carbohydrates and increase in protein with a focus on low glycemic index/whole grain carbohydrates and 20% to 30% of calories from proteins from shellfish, fish, poultry, dairy, nuts, lentils and beans is the optimal diet for weight control and reduction of cardiovascular risks. The need for a weight loss program was not clearly demonstrated in the submitted documentation. Therefore, this request for weight loss program is not medically necessary.