

<b>Case Number:</b>	CM14-0141033		
<b>Date Assigned:</b>	09/10/2014	<b>Date of Injury:</b>	01/12/2010
<b>Decision Date:</b>	10/07/2014	<b>UR Denial Date:</b>	07/30/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/02/2014

### 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 Psychology 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 claimant is a 54 year-old male [REDACTED] with a date of injury of 1/12/10. The claimant sustained injury to his psyche as the result of his involvement in a police related shooting while working as a police officer for the [REDACTED]. In his "Supplemental Progress Report" dated 7/16/14, treating psychologist, [REDACTED], diagnosed the claimant with Posttraumatic Stress Disorder. The claimant has been receiving psychological services from [REDACTED] since 2011.

### IMR ISSUES, DECISIONS AND RATIONALES

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

#### **3 Additional Psychotherapeutic Treatment Sessions: Upheld**

**Claims Administrator guideline:** The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines; Mental Illness & Stress

**MAXIMUS guideline:** The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Non-MTUS Official Disability Guidelines (ODG) Mental Illness and Stress Chapter, Cognitive Therapy for PTSD, and ODG: Psychotherapy Guidelines.

**Decision rationale:** The CA MTUS does not address the treatment of PTSD therefore; the Official Disability Guideline regarding the cognitive treatment of PTSD will be used as reference for this case. Based on the review of the limited records submitted, the claimant has been receiving psychological services intermittently since 2011. Despite over 3 years of services and significant improvements, the claimant continues to struggle with flashbacks related to his PTSD. Based on the claimant's continued symptoms related to the industrial incident, maintenance psychotherapy appears to be appropriate. However, the request for "Ongoing Psychotherapeutic Treatment at the Rate of One to Two Times per Month for the Purpose of Maintenance" remains too vague as it does not specify an exact number of sessions being requested nor the duration of time for which the sessions are to occur. As a result, the request is not medically necessary. It is noted that the claimant received a modified authorization for 3 psychotherapeutic sessions in response to this request.