

<b>Case Number:</b>	CM14-0156378		
<b>Date Assigned:</b>	09/25/2014	<b>Date of Injury:</b>	09/23/2010
<b>Decision Date:</b>	11/05/2014	<b>UR Denial Date:</b>	09/12/2014
<b>Priority:</b>	Standard	<b>Application Received:</b>	09/24/2014

### 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 Psychologist and is licensed to practice in Utah. 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:

This is a 49-year-old male with a 9/23/10 date of injury. The injured worker injured his left upper back when performing some fast movements with his arm using an automatic camera. According to an appeal noted dated 9/22/14, it is noted that the injured worker has had ongoing symptoms of depression. He has been seeing a clinical psychologist for approximately 10 visits, which he stated have been very beneficial. It is the psychologist's opinion that the injured worker's injury sequel has negatively impacted his emotional aspect resulting in severe major depressive disorder and anxiety disorder. He has noticed a significant change in his mood as well as feelings of fatigue and increased lightheadedness without the use of his medication, venlafaxine. Diagnostic impression: cervical disc displacement without myelopathy, cervical disc degeneration, major depressive disorder, anxiety disorder. Treatment to date: medication management, activity modification, psychotherapy. A UR decision dated 9/12/14 denied the request for additional psychology sessions. To date, the injured worker has already received 10 treatments, and there is no indication/documentation of clinically meaningful objective functional improvements. The therapy effectiveness has been impeded by religious views, with the claimant asserting that he feels abandoned by God for his recovery. This is acknowledged. However, there is no available psychological evaluation to put this in context and provide behavioral aspects of the treatment plan.

### IMR ISSUES, DECISIONS AND RATIONALES

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

**16 Additional Individual Psychology Sessions: Upheld**

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Psychotherapy Page(s): 23, 112.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Page(s): 19-23.

**Decision rationale:** CA MTUS Chronic Pain Medical Treatment Guidelines state that behavioral modifications are recommended for appropriately identified patients during treatment for chronic pain, to address psychological and cognitive function, and address co-morbid mood disorders (such as depression, anxiety, panic disorder, and posttraumatic stress disorder). In addition, CA MTUS Chronic Pain Medical Treatment Guidelines state that with evidence of objective functional improvement, a total of up to 6-10 visits. However, in this case, the injured worker has already completed 10 psychotherapy sessions. It is noted that they have been beneficial; however, there is no documentation of functional gains. In addition, this request is for 16 sessions. An additional 16 sessions, combined with his 10 completed sessions, would exceed guideline recommendations of 10 session's total. Therefore, the request for 16 Additional Individual Psychology Sessions is not medically necessary.