

May 24, 2011

Account:
Contact:
Reference #:
Patient:
Subscriber #:

Final Report

History: This patient is a 41 year old male with a history of low and mid back pain. He was seen for a follow up visit with John Smith, MD on 4/25/11. The treating physician reviewed MRI results from 4/11/11 with the patient. MRI results showed the following: 1. Mild degenerative disc disease at spinal levels T8-9 and T9-10, small disc protrusion midline T8-9, disc protrusion and osteophytes at spinal level C6-7 with mild central canal narrowing and bilateral foraminal narrowing. 2. Moderate degenerative disc disease at spinal levels L4-5 and L5-S1, disc bulging and disc protrusion at L4-5 leads to mild central canal narrowing and mild left foraminal narrowing, mild compression of the L5 nerve roots bilaterally, disc bulging and posterior osteophytes at L5-S1 with no significant central canal or foraminal narrowing, mild facet arthropathy. He has never seen a surgeon. He underwent a series of 3 lumbar epidural steroid injections at spinal level L5-S1 in October of 2010 with some improvement in radicular symptoms, but pain is returning. The physician has recommended repeating the series of 3 epidural steroid injections at L5-S1, as well as a series of 3 thoracic epidural steroid injections at spinal level T9-10.

Case Management Intervention: This file was received on 5/18/11 from The Pain Clinic to review for the medical appropriateness of a series of 3 thoracic epidural steroid injections (62310) at T9-10 with fluoroscopy (77003). The clinical supporting documentation was reviewed. In review of the physician notes it was determined that in addition to the thoracic level injections, a series of 3 epidural steroid injections at spinal level L5-S1 (62311) with fluoroscopy (77003) was also planned. This was clarified with the physician's office. According to the physician's office, the first of the series of 3 injections was completed on 5/3/11. The guidelines utilized by CMS were reviewed. The file was sent to a physician advisor for review of the medical appropriateness of the proposed epidural steroid injections. The physician performing the review is Board Certified in Anesthesiology with a Subspecialty Certificate in Pain Medicine.

Case Management Recommendations:

- Per the physician review, the proposed series of 3 thoracic epidural steroid injections at T9-10, and the proposed series of 3 lumbar epidural steroid injections at L5-S1 **cannot be** recommended as medically necessary. The physician's opinion is as follows:

The Official Disability Guidelines (ODG) sets forth criteria for the use of epidural steroid injections: (1) Radiculopathy must be documented. Objective findings on examination need to be present. (2) Initially unresponsive to conservative treatment. (3) Injections should be performed using fluoroscopy and injection of contrast for guidance. (4) Diagnostic Phase: At the time of initial use of an epidural steroid injection, a maximum of one to two injections should be performed. (5) No more than two nerve root levels should be injected using transforaminal blocks.

This claimant does not have physical findings of radiculopathy. The thoracic MRI only shows a small disc herniation without any nerve compression. Additionally, ODG are not supportive of series of 3 epidural steroid injections. Accordingly, as per ODG, the recommended epidural steroid injections are not medically necessary.

- The provider **is** aware of this recommendation. The patient **has not** been informed of this recommendation.
- Please mail correspondence to: The Pain Clinic, Attn: Will
- This writer will close this file as services are no longer indicated.

Thank you for this referral. Please contact the undersigned with any questions.

Rehabilitation Case Manager, PT

(Cost savings on next page.)

Date: 05/24/2011

Cost Savings Report

Account:
Reference #:
Patient:
Subscriber #:
ID#/Group:
Event: Lumbar disorder (MEDOUT)
Date Range: 05/24/11 - 05/24/11

| Category | Amount | Type | Details |
|---|--------------------|-------------------------------|--|
| Direct | \$ 8,200.23 | Item/Services not recommended | Cost savings reflects the following: 1.) thoracic epidural steroid injections- 62310 x 3= \$3,699.93; with fluoroscopy 77003 x 3= \$1,196.70 2.) lumbar epidural steroid injections- 62311 x 3 = \$2,106.90; with fluoroscopy 77003 x 3 = \$1,196.70 Taken from Ingenix National Fee Analyzer 2011 75th Percentile |
| Total Direct Amount: | \$ 8,200.23 | | |
| Direct Expenses(-): | \$ 0.00 | | |
| Admin Auth(-): | \$ 0.00 | | |
| Total direct savings for this period: | \$ 8,200.23 | | |
| Total direct savings for this event to date: | \$ 8,200.23 | | |
| Indirect Savings: | \$ 0.00 | | |
| Total indirect savings for this event to date: | \$ 0.00 | | |