

# UR/UM NEW CLAIM REFERRAL FORM

Telephone: (949) 221-1700 ext. 304

Fax: (949) 612-9207

Email: SBCounty@medexhco.com www.medexhco.com

Claim Number:	103577		Jurisdiction:		
			Referral Date:		
WCIS Number: 2013092615314940565484		RFA R	eceived Date:	12/12/23	
Adjuster Name:	Sylvia Earl	Refe	Referred to URO:		
Adjuster Phone:	(909) 386-9019	Review Type:	□ Litigated		
Adjuster Fax:	(909) 386-8711	rype.	☐ Adjuster App	☐ Adjuster Approved	
Adjuster Email:	searl@rm.sbcounty.gov		☐ Retrospective ☐ Concurrent XX Prospective		
Employer:	San Bernardino County				

Employee Information - All employee demographics are kept on file. Please use this section for any NEW referrals OR if there is a change in employee demographics. **Accepted Body Parts:** Morris Last Name: B/KNEES, B/FEET, B/ANKLES Patricia. First Name: 1055 Woodlawn Ave Address: Sn Bernrdno, CA 92407 City/State/Zip: **Denied Body Parts:** (909) 913-2975 Phone Number: Enter body parts. 04/30/2009 DOI: 05/14/1950 DOB: XXX-XX-0158 SSN:

Applicant Attorney:	
Law Firm:	Law Offices of Smith & Garfunkel
Address:	800 N Haven Ave #260
City/State/Zip:	Ontario, CA 91764
Phone Number:	(909) 466-9589
Fax Number:	(909) 945-1468
Email:	

Defense:	
Law Firm:	Hallett, Emerick, Wells & Sareen
Address:	325 W Hospitality Ln #300
City/State/Zip:	Sn Bernrdno, CA 92408-3211
Phone Number:	(909) 890-0403
Fax Number:	
Email:	

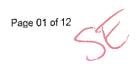
Review: Diclofenac Gel #300mg 1x, Nabumetone #60 & Tramadol #60 no refills to UR

Special Handling Instructions: \*Please include all medical records relevant to the request dated within the past 6 months.

Send all referrals to: SBCounty@medexhco.com Pursuant to §9792.9(1) Prospective or concurrent decisions shall be made in a timely fashion that is appropriate for the nature of the injured worker's condition, not to exceed five (5) working days from the date of receipt of the written request for authorization. (2) If appropriate information which is necessary to render a decision is not provided with the original request for authorization, such information may be requested within five (5) working days from the date of receipt of the written request for authorization to make the proper determination.

In no event shall the determination be made more than 14 days from the date of receipt of the original request for authorization by the health care provider.

X New Request



☐ Resubmission – Change in Material Facts



Sylvia Earl
DEC 12 2023

# State of California, Division of Workers' Compensation REQUEST FOR AUTHORIZATION DWC Form RFA

Attach the Doctor's First Report of Occupational Injury or Illness, Form DLSR 5021, a Treating Physician's Progress Report, DWC Form PR-2, or equivalent narrative report substantiating the requested treatment.

☐ Expedited Review: Check box if employee faces an imminent and serious threat to his or her health						
☐ Check box if request is a written co	onfirmation of a prior oral rec	quest.	NO DE LA CONTRACTOR DE			
Employee Information						
Name (Last, First, Middle): Morris, Pa	tricia		0000000000000			
Date of Injury (MM/DD/YYYY): 04/30/	2009	Date of Birth (MM/DD/YYYY):05/14/1950				
Claim Number: 103577	no come un male reporte de procur de avec e come	Employer:County Of San Bernardino				
Requesting Physician Information						
Name: Gary Baker, M.D.	O11 N A	Llamandar				
Practice Name: Advanced Pain Speci		Contact Name: Anna Hernandez City: Lakewood State: CA				
Address: 5750 Downey Ave. Ste. 300	5	City: Lakewood State: CA Fax Number: 562-408-6491				
	e: 562-408-4636	NPI Number: 1437167863				
Specialty:		NPI Number: 143/16/863				
Email Address:	or agree on the commentation of the 1980 to	the contract of the contract of the	量子的 100 1000 (数型的人) 200 年 200 年 200 年			
Claims Administrator Information		Contact Name:	A STATE OF THE PARTY OF THE PAR			
Company Name: County of San Bern	ardino	Contact Name:				
Address:	000 000 0744	City:				
215 CCGC:	: 909 386 8711					
Email Address:		al salemental services	narasan)			
Requested Treatment (see instruct	ions for guidance attache	u audittoriai pages ti	no enocific nage number(s) of			
List each specific requested medical ser the attached medical report on which the	vices, goods, or items in the be	elow space or indicate the	edures may be entered: list			
the attached medical report on which the	e requested treatment can be i if the space below is insufficiet	nt	Secures may be emerce, no.			
additional requests on a separate sheet if the space below is insufficient.  Service/Good Requested CPT/HCPCS Other Information:						
ICD-Code Diagnosis	Service/Good Requested	CPT/HCPCS Code (if k				
(Required) (Required)	(Required)	Code (II K	nown, (riequency,			
V	Duration,	Quantity, etc.)				
			The state of the s			
M25.579 Pain in unspecified	1 Diclofenac Sodium 3%	Gel SIG: Apply 1-2 gr	ams to affected area twice a			
ankle and joints of unspecified foot	day QTY: 300.00 grams					
	25.569 Pain in unspecified   2 Nabumetone 500 Mg Tablet SIG: Take 1 by mouth every 12 hours. QTY:					
knee M17,10 Unilateral primary	60.00					
osteoarthritis, unspecified knee	3 Tramadol Hcl 50 Mg Ta	blet SIG: Take 1 table	et twice daily QTY: 60.00			
Dottoutinitio, anopolinou mice						
Request Physician Signature: Date: 12/11/23						
	The second secon					
Claims Administrator/Utilization Re	view Organization (URO)	Response				
	ed (See separate decision le		separate notification of delay			
Requested treatment has been previously denied Liability for treatment is disputed (See separate letter)						
Authorization Number (if assigned):  Date:						
Authorized Agent Name:		Signature:				
Phone: Fax Number:		Email Address:				
Comments:						
www.						

Dial Mannamont 2002 19 19 07.17.99

Page 1

DWC Form RFA (Effective 2/2014)

From anna

# Advanced Pain Specialists of Southern California

Gary L. Baker, M.D., A Professional Corporation

5750 Downey Avenue, #306 • Lakewood, California 90712 • Fax (562) 408-6491

www.advpainspecialists.com

Locations: Lakewood

(562) 408-4636

Riverside

(888) 824-2144

Santa Ana

(714) 210-0122

Rancho Cucamonga

(888) 824-2144

Dean X. Nghiem, PA-C

Mellany Esparanza, NP-C

Dem W. Hechanova, PA-C Doane Saprid, NP-C Amy Fleetman, L.Ac.

Gary L. Baker, M.D., Director

November 17, 2023

Gary Baker, M.D. 5750 Downey Ave #306 Lakewood, CA 90712

# PAIN MEDICINE RE-EVALUATION

PATIENT NAME:

Patricia Morris

PATIENT NUMBER:

16666

DATE OF BIRTH:

05/14/1950

EMPLOYER:

County Of San Bernardino

**INSURANCE COMPANY:** 

County of San Bernardino (7532) 75

CLAIM NUMBER:

103577

DATE OF INJURY:

04/30/2009

DATE OF EVALUATION:

November 17, 2023

## INTRODUCTION:

Ms. Patricia Morris is a 73 years old Female who presents for a pain medicine follow-up visit and reexamination on November 17, 2023.

Ms. Morris was seen via telehealth video communication with provider at our Rancho Cucamonga office, 10841 White Oak Avenue, Suite 208, Rancho Cucamonga, CA 91730.

Telephone waiver (current):

Telehealth and telephonic communication has been encouraged by the Centers for Disease Control, the Centers for Medicare and Medicaid Services, and the California Department of Insurance during the current public health emergency. Ms. Morris was informed of and has consented to the use of telephonic communication. Ms. Morris was unable to connect via video conferencing. This telephonic visit is necessary to ensure quality and continuity of care. Total visit time exceeded 21 minutes.

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

# INDICATIONS FOR A NARRATIVE REPORT:

Indications for submitting this report include: periodic report.

Ms. Morris is status post a "work related injury". The injury occurred in the course of her usual work duties.

#### UR Record Review:

A review of records was conducted Nov 19, 2021. The utilization review report was dated Oct 23, 2021. I am not in agreement with the U.R. findings. Findings were discussed with the patient.

#### SUBJECTIVE COMPLAINTS:

Ms. Morris reports the following complaints:

Low back pain. The pain radiates down the bilateral lower extremities. The pain radiates to the feet. The patient's pain is accompanied by numbness intermittently in the bilateral lower extremities to the level of the feet and tingling intermittently in the bilateral lower extremities to the level of the foot. The patient describes the pain as aching, sharp. The pain is aggravated by activity.

Lower extremity pain. Pain is bilaterally in the knees and in the ankles. The pain is aggravated by activity, standing and walking. The patient describes the pain as sharp, throbbing.

c/o pain in right hip, both knees, both ankles and both legs 3/12/21: Notes R knee pain has worsened since last visit.

Pain is rated as 4/10 in intensity with medications. Pain is rated as 7/10 in intensity without medications.

The patient's pain is reported as recently worsened.

# ACTIVITIES OF DAILY LIVING LIMITATION:

The patient reports ongoing activity of daily living limitations in the following areas due to pain: self care & hygiene, activity and ambulation.

#### Pain Impact on Function:

Interference with activities of daily living due to pain over the past month is rated as 7 (on a scale of 1 to 10 where "0" is no interference and "10" is unable to carry on any activities).

The above pain intensity and pain interference scales are adapted from "Guidelines for Prescribing Controlled Substances for Pain- Appendix 9" (Medical Board of California 2014). "Based on prior research, the interpretation of scores on these items are as follows: Average/ Usual Pain Intensity 1-4 (mild), 5-6 (moderate), and 7-10 (severe). Pain-related interference with activities 1-3 (mild), 4-6 (moderate), and 7-10 (severe). Although pain intensity and pain-related interference with activities are highly correlated and tend to change together, it is recommended that change over time be tracked for pain intensity and pain-related interference with activities separately when using these two items. For an

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

Page; 2

individual patient, a reduction in pain intensity and improvement in pain-related interference with activities of two points is considered moderate but clinically significant improvement".

# INTERVAL HISTORY:

The patient reports that the use of chiropractic therapy when available and current medication, including Norco is helpful. Ms. Morris has been prescribed opioid medication Hydrocodone for chronic pain. Time until pain relief is 20 minutes. The pain relief from each medication dose lasts for 5 hours. The least reported pain since last assessment was 2 on a scale of 1 to 10. Areas of functional improvement as a result of the above therapy include: activities of daily living, cleaning, doing laundry, shopping and washing dishes. The patient reports her quality of life has been improved as a result of the above treatment. Ms. Morris wishes to continue this therapy based on her decreased pain, her increased level of function and her improved quality of life.

Reports weather changes have worsened pain.

4-8-19: Last chiropractic treatments, 4 visits were 2 months ago. Ms. Morris believes that she was making good progress with her function. Wishes to resume another course of chiro to help with reduction of Norco.

Last office visit 07/2019, since fell off her truck

2-24-20: Increasing difficulty walking due to right knee pain.

7/13/20: Pt states she will call Dr. Wood regarding referral. Having difficulty picking up tramadol from Cost co pharmacy.

11-6-20: Reports a bad month with increased left knee pain/ swelling, making walking difficult.

12/4/20: Reviewed MRI L knee with pt.

1/15/21: Pt requests ortho eval for R knee due to worsening pain.

3/12/21: still awaiting provider list for ortho eval

5/7/21: pending new lumbar MRI then following up with Dr. Lui on 20th.

6/4/21: had L/S MRI and bilateral knee MRI through Dr. Lui. Needs appointment with Dr. Thomas Kent Donaldson for knees.

8/27/21: Had cortisone injections in bilateral knees Dr. Lui, very helpful. Medications continue to be helpful, tolerated without SE and used as prescribed.

10-22-21: Seen by Ortho Dr. Thomas Kent at LLUMC on 10-13-21. Bilateral injections provided with plan for RTC in 6 months with new x-rays. Possible arthroplasty in future per report. I agree with findings and recommendations.

12/17/21: Doing home exercise. Seen by Dr. Donaldson, pending left knee Sx.

2/11/22: Tolerating medications, helpful, denies SE

3/11/22: Wanted to try a different pain medication

4/8/22: Holding NSAID due to infusion from PCP for osteoporosis. Increase in pain but would like to continue tramadol in hopes of discontinuing Norco.

6/3/22: Pending left knee surgery with Dr. Donaldson

7/1/22: worsening of pain due to modification of tramadol. Pending scheduling of left knee surgery with Dr. Donaldson.

7-29-22: Pending left partial knee replacement on 8-25-22.

8/26/22: S/P left knee surgery, given Norco

11-18-22: Reports recovered well from left knee surgery. Still right knee pain- status post P.T.

12/16/22: Current medications, helpful, denies SE

1/13/23: Tramadol denied

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

TO. O 1: TO OT OT OOO 1

2/10/23: Post knee X-ray thru Dr Donaldson

5/11/23: Chiropractic helpful, requests additional

7/6/23: Combination of chiropractic and medications helpful, trying to wean Tramadol

8-3-23: Reports pending left knee x-ray through Dr. Donaldson's office. Able to walk but pain and popping.

8/24/23: Chiropractic denied

9-22-23: Completed x-ray left knee through Ortho- no new injury noted.

10/20/23: Patient reports doing "ok" and medications are helpful, denies SE.

#### **MEDICATIONS:**

Today's reevaluation included a periodic review of each of the patient's prescribed medications, which have been provided to reduce pain and/or sequelae resulting from their injury. The review included a discussion of the impact on function and activities of daily living, expectations of therapy, medication compliance, and potential adverse effects. It is determined that the patient meets the criteria for continuation of medication management for the specific indications listed below and based on the current California DWC MTUS Guidelines - Chronic Pain possible synergistic effects of alcohol while taking medications. The patient understands that medications should not be abruptly discontinued or stopped without professional guidance. The patient indicates a full understanding of these concepts and accepts the risks. The patient understands that medications are only to be taken as prescribed.

11-19-21: Tylenol did not help. Cannot take NSAIDs due to history of gastric bypass. Attempted to wean Norco last month but unsuccessful. Similar attempt to wean in past not successful due to increase in pain and reduced ADLs. Norco currently well tolerated and at stable dose. Has been using opioids for over 4 years with benefit.

- 1 Tramadol Hel 50 Mg Tablet SIG: Take 1 tablet twice daily
- 2 Nabumetone 500 Mg Tablet SIG: Take 1 by mouth every 12 hours.
- 3 Citalopram Hbr 40 Mg Tablet (BARNARD, REBECCA)
- 4 Spironolactone 50 Mg Tablet (COLE, CHAD)
- 5 Latanoprost 0.005% Eye Drops (PEREA, SAMANTHA)

#### **ALLERGIES:**

# PHYSICAL EXAM:

Provider directed and/or as decribed by patient.

#### Observation:

The patient was noted to be alert/oriented and cooperative. The patient was observed to be in slight to moderate distress.

#### **Lumbar Examination:**

Tenderness was noted upon palpation in the spinal vertebral area L5-S1 level. Range of motion of the lumbar spine showed decreased flexion limited to 80 degrees due to pain, extension limited to 10 degrees due to pain and bending left and right limited to 10 degrees respectively due to pain. Pain was significantly

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

increased with flexion and extension. Sensory exam shows decreased sensitivity touch along the L5-S1 dermatome in the right lower extremity.

## Lower Extremity Examination:

Tenderness was on palpation noted at the bilateral knees and the bilateral ankles. Moderate swelling was noted in the. The range of motion of the lower extremities left knee was decreased due to pain and right knee was decreased due to pain. Motor examination shows moderate decreased strength in the right lower extremity.

#### DIAGNOSTIC STUDIES/IMAGING:

# Report Summary:

X-ray Left Knee 3 Views Date: 09-06-23

Significant findings include:

- 1. Similar-appearing intact left lateral femoral tibial unicompartmental arthroplasty, without evidence of hardware complication.
- 2. Redemonstration of partially imaged femoral internal fixation hardware with fracture of the upper distal interlocking screw.

X-ray Left Knee Limited Date: 02-08-23

Significant findings include:

- 1. Intact left lateral femoral-tibial unicompartmental arthroplasty, without evidence for hardware complication.
- 2. Redemonstration of partially imaged femoral internal fixation hardware with fracture of the upper distal screw.
- 3. Minimal degenerative changes of the medial femorotibial and patellofemoral compartments.

MRI Right Knee without Contrast Date: 02-13-21

Significant findings include:

- 1. Severe lateral joint compartment osteoarthrosis with joint space narrowing, tibiofemoral osteophytes, denudation to the articular cartilage of the weightbearing surfaces of the lateral femoral condyle lateral tibial plateau with reactive marrow edema.
- 2. Complex degenerative tear of almost the entire substance of the lateral meniscus not quite reaching the meniscal root with no significant lateral extrusion in the area of the severe osteoarthrosis.
- 3. Minimal degenerative changes to the medial joint compartment.

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

- 4. On series 6 image 5 there is an oblique longitudinal tear reaching the tibial undersurface of the posterior horn junction of the free edge of the medial meniscus not reaching the meniscal root with no medial extrusion
- 5. Normal cruciate and collateral ligaments.
- 6. Suprapatellar effusion with chondromalacia patella grade 2 involving the central patellar vertex. There is a small posterior superior popliteal cyst.

MRI Left Knee without Contrast Date: 11-20-20

Significant findings include:

- 1. Horizontal tear through the lateral meniscus posterior junction and body extending to the femoral surface with mild extrusion of the lateral meniscal body with a small meniscal flap displaced superiorly into the lateral gutter.
- 2. Moderate chondral thinning at the lateral compartment with full-thickness chondral loss at the posterior weightbearing surface of the lateral femoral condyle and lateral tibial plateau with mild reactive marrow edema.
- 3. Lateral subluxation of the patella with respect to the femoral trochlea measuring 5 mm with areas of full-thickness chondral fissuring at the superior to mid lateral patellar face and lateral femoral trochlea.
- 4. Moderate-sized joint effusion and small popliteal cyst.

#### PATIENT ASSESSMENTS:

### **CAGE-AID:**

The CAGE-AID risk assessment tool was administered to Ms. Morris to screen for risk of alcohol and/or drug dependency which could impact treatment options through this office. The CAGE-AID is widely accepted. It is easy to administer, with good sensitivity and specificity (Leonardson et al 2005). "Psychological assessment should include risk of addictive disorders. Screening tools that can be considered for use include CAGE-AID (appendix 6); PHQ-9 (appendix 7); Opioid Risk Tool (ORT) (appendix 4); and SOAPP-R (appendix 8)." Medical Board of California Guidelines for Prescribing Controlled Substances for Pain November 2014. Scoring: Item responses on the CAGE are scored 0 for "no" and 1 for "yes" answers. A total score of 2 or greater is considered clinically significant. Ms. Morris's results, with a total score of 0, did not indicate any risk.

Butler SF. Evidence of Co-occurring Alcohol and Prescription Opioid Abuse in Clinical Populations: Implications for Screening. Tufts Health Care Institute, Program on Opioid Risk Management: Conference on Co-Ingestion of Alcohol with Prescription Opioids. 2008.

Brown RL, Rounds LA. Conjoint screening questionnaires for alcohol and other drug abuse: criterion validity in a primary care practice. Wis Med J. 1995; 94: 135-40. Available at: http://www.ncbi.nlm.nih.gov/pubmed/7778330 Accessed on: 2013-09-12. Dec 17, 2018.

#### Morphine Equivalent Dose (MED) notes:

RE: Patricia Morris DOB: 05/14/1950

DATE: November 17, 2023

Ms. Morris's daily prescribed Morphine Equivalent Dose (MED) noted: Sep 24, 2021 MED 20; Jul 29, 2022 MED 15.

#### DISCUSSION:

Nov 18, 2022: A review of the patient's prior urine drug test (UDT) Nov 18, 2022 showed no inconsistency when compared with prescribed medications.

# **WORK STATUS:**

Currently not working. The patient is retired.

# **DIAGNOSES (ICD-10):**

Bilateral Ankle Pain (M25.579); knee derangement- left (M23.92); knee derangement- right (M23.91); Bilateral Knee Pain (M25.569); Osteoarthritis of the bilateral knees (M17.10); status post left ankle fracture January 2018.

#### TREATMENT PLAN:

Treatment recommendations at this time are as follows:

## Follow up:

The patient will return to the clinic for follow-up in 1 month.

#### **Medications:**

The patient is being prescribed medications as listed below including instructions for use for the above-mentioned diagnosis. The patient was counseled as to the benefits and potential side effects of the prescribed medications. The risks include but are not limited to sleepiness or drowsiness, constipation, nausea, itching, vomiting, dizziness, allergic reaction, slowing of breathing rate, slowing of reflexes or reaction time, physical dependence, tolerance, addiction, and possibility that the medicine will not provide complete relief. The patient was instructed to alert the prescribing physician if any of these, or any other symptom or side effect occurs. The patient was advised as to the dangers of using heavy equipment or a motor vehicle, working in unprotected heights or being responsible for another individual who is unable to care for him or herself. The patient was also advised about the possible synergistic effects of alcohol while taking medications. The patient understands that medications should not be abruptly discontinued or stopped without professional guidance. The patient indicates a full understanding of these concepts and accepts the risks. The patient understands that medications are only to be taken as prescribed.

Exempt medications MTUS: The following prescribed medications have been specifically included in the MTUS Drug Formulary as exempt from utilization review as of 1-1-18: Diclofenac Sodium (Topical). Utilization review non-certification of exempt medications after this date should be considered invalid.

Renew current medications: (as noted below).

Opioid analgesic medications have been renewed. The "5-As" method for chronic pain management assessment have been considered (see Medical Board of California Guidelines for Prescribing Controlled Substances for Pain- November 2014. See also California MTUS Chronic Pain Section). The criteria

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

include: Analgesia- the patient is experiencing a reduction in pain; Activity- the patient is demonstrating an improvement in level of function; Adverse- the patient is not experiencing side effects; Aberrance- the patient is complying with the pain management agreement and there are no signs of medication abuse or diversion; and Affect- the patient's behavior and mood are appropriate. Also considered were the FDA Drug Safety Communication on Opioids 2016 and CDC Guidelines for Prescribing Opioids for Chronic Pain- United States 2016. This patient is a long-term user of opioids and has diagnoses which include chronic pain. NSAIDS and alternative analgesics have either been ineffective alone or not well tolerated. The opioid analgesic effect has allowed this patient to increase/maintain activities of daily living and function. The prescribed medication has been well tolerated without significant adverse drug side effects. The patient has been compliant with medication use and a "pain contract" is on file. The patient is monitored by periodic urinary drug testing and CURES reporting (California statewide controlled substance reporting system). Periodic 6-month re-evaluation of function using a validated testing instrument is utilized. We have assessed this patient for potential sequelae of therapy including opioid induced hyperalgia, tolerance, pseudo addiction, and addiction. Opioid treatment goals have been discussed with this patient. Goals include developing a patient who can physically and mentally function, carry on activities of daily living, achieve a quality of life, and when applicable return to work. Specific objectives: develop the desire, energy, and motivation to achieve improvements in quality of life in family, job, social activities. The patient is not receiving benzodiazepines from this or any other provider's office. A CAGE-AID risk assesment screening tool (including opioid use disorder) has previously been provided. We have considered any potential need for medcation assisted treatment (MAT) should it arise. The patient has been counselled and understands the potential risks of overdose; alcohol and sedating substances must not be combined with their opioids. The currently prescribed morphine equivalent dose (MED) is noted in the patient record. As of Apr 13, 2023 we expect the duration of need for opioid medication will be 1 year. The benefits of continued opiate use outweigh the risks in this patient. The lowest effective dose has been prescribed. We have reiterated with the patient that the long-term goal is to wean off of opiate analgesics if/when tolerated.

To avoid delays in treatment and to maintain continuity of care, we are requesting that if the renewal request is sent through utilization review, authorization is provided for a 3 to 6 month period.

Tramadol: renew as previously prescribed.

Tramadol (Ultram) is a central acting synthetic opiate analgesic prescribed for pain. Tramadol (Ultram) is recommended by the current California DWC MTUS Guidelines - Chronic Pain for the treatment of chronic pain and neuropathic pain. The ODG-TWC Worker's Compensation Drug Formulary has indicated under the status column, (per ODG the most important column) that this drug is a preferred drug and is contained on the formulary.

Other: Nabumetone 500mg 1 Q12prn #60: renew as previously prescribed. Beneficial with intended effect at prescribed dose.

The following medication(s) have been prescribed:

Diclofenac gel 3%: apply 1 gm locally bid; disp 300 gms

Diclofenac 3% gel is a topical NSAID which releases the drug locally to control musculoskeletal pain. The patient has a high pill burden and there is a need to limit systemic exposure. Levels of NSAID in the meniscus and cartilaginous structures as well as in muscular tissues are 4 to 7 times greater after topical administration than oral administration. Concentrations in the tendon sheath are several hundred times greater than plasma concentration after topical administration. Unlike orally administered NSAIDS, topical NSAIDs have not been associated with increased risk for bleeding, and the risk for any gastrointestinal side

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

effects for topical administration is considerably lower. (Heyneman CA, Lawless-Liday C, Wall GC. Oral versus topical NSAIDs in rheumatic disease: a comparison. Drugs. 2000; 60(3):555-574.), (Mason L, Moore RA, Edwards JE, et al. Topical NSAIDs for chronic musculoskeletal pain: systematic review and meta-analysis. BMC Musculoskelet Disord. 2004:5:28), (Tegeder I, muth-Selbach U, Lotsch J, et al. Application of microdialysis for the determination of muscle and subcutaneous tissue concentrations after oral and topical ibuprofen administration. Clin Pharmacol Ther. 1999; 65(4):357-368).

Discontinue the following medication: Diclofenac 1% gel.

CURES 2.0 PMP database checked Apr 13, 2023: There were no inconsistencies noted. CURES 2.0 PMP database checked Feb 10, 2023: There were no inconsistencies noted. CURES 2.0 PMP database checked Oct 20, 2023: There were no inconsistencies noted.

- 1 Diclofenac Sodium 3% Gel SIG: Apply 1-2 grams to affected area twice a day QTY: 300.00
- 2 Nabumetone 500 Mg Tablet SIG: Take 1 by mouth every 12 hours. QTY: 60.00
- 3 Tramadol Hcl 50 Mg Tablet SIG: Take 1 tablet twice daily QTY: 60.00

<u>DISCLOSURE STATEMENT</u>: I personally performed the evaluation of the patient and discussed and/or confirmed the pertinent aspects of the history with the patient and/or by review of the available medical records (if any). I personally interviewed the patient and reviewed the medical records set forth in this report. I personally composed and drafted the conclusions of this report.

The evaluation performed and the time spent performing such evaluation was in compliance with the guidelines established by the Industrial Medical Council or the Administrative Director pursuant to paragraph (5) of subdivision (j) of Section 139.2.

I dictated the report in draft form, which was then typed and reviewed by my transcription service to ensure completeness, proper spelling, grammar and sentence structure. Upon presentation to me of the final report, I thoroughly reviewed the document prior to affixing my signature unless I was unavailable and the report was urgently needed.

I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information that I have indicated I received from others. As to that information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true and conform to IMC guidelines pursuant to Labor Code Section 5407.1.

Pursuant to Labor Code Section 5701 (a) (2), I hereby declare under penalty of perjury that I have not offered, delivered, received or accepted any rebate, refund, commission, preference, patronage, dividend, discount, or other consideration, whether in the form of money or otherwise, as compensation or inducement for the referral of this evaluation or consultation.

Thank you for allowing this office to participate in the care of Ms. Patricia Morris.

Sincerely,

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023

TO 01 TO 01 COOC

the

Dean Nghiem, P.A.-C

C EL

Gary L. Baker, M.D., Director (CA Lic #G78404) Diplomate, American Board of Anesthesiology ABA Subspecialty Certified in Pain Medicine Qualified Medical Evaluator (Q.M.E.)

Report reviewed and electronically signed by Gary L. Baker, M.D., on Nov 17, 2023 in the county of Los Angeles, California.

Office address: (Rancho Cucamonga) APSSC Clinic, 10841 White Oak Ave. #208, Rancho Cucamonga, CA 91730

Dean Nghiem/Gary Baker

cc: County of San Bernardino (7532) 75 County of San Bernardino San Bernardino, CA 92415

cc: Andrew Smith 800N. HAVEN ST #425, Ontario, CA 91764

cc:

RE: Patricia Morris

DOB: 05/14/1950

DATE: November 17, 2023