



Network Medical Review Co. Ltd.
1252 Bell Valley Road, Suite 210
Rockford, IL 61108

NMR
Network Medical Review Co. Ltd.
An ExamWorks Company



10/19/2023

Notice of External Review Determination

Network Medical Review (NMR) has been certified, by the Illinois Department of Insurance (DOI) as an Independent Review Organization (IRO). The Illinois Department of Insurance has assigned this case to us for independent review in accordance with the Illinois Insurance Code and applicable regulations.

The IRO has performed an independent review of the proposed/rendered care to determine if the adverse determination was appropriate. In the performance of the review, the IRO reviewed the medical records and documentation provided to the IRO by involved parties.

Sincerely,
NMR
An ExamWorks Company

cc: HEALTH CARE SERVICE CORPORATION
Change Academy Lake of the Ozarks Attn To: Jyotsna Nair, MD



Notice of Independent Review Decision

Re: IRO Case #: [REDACTED]
[REDACTED]

10/19/2023

**HEALTH CARE SERVICE CORPORATION
300 E. RANDOLPH
CHICAGO, IL 60601**

Type of appeal: (medical/investigational/administrative): Medical Necessity

Date that the IRO Received the Assignment: 10/6/2023

Date of Review: 10/17/2023

Date of IRO's Decision: 10/19/2023

Time Period for Which Review Was Conducted: 13 Days

Description of the Reviewer Qualifications: This review has been completed by a NMR Psychiatry Board Certified Physician.

Review Outcome:

Upon independent review the reviewer finds that the previous adverse determination/adverse determinations should be:

Upheld (This means that the independent reviewer agrees with the denial)

Overturned (This means that the independent reviewer disagrees with the denial)

Partially Overturned (This means that the independent reviewer agrees with the denial in part, and disagrees with the denial in part)

Documents reviewed:

LAB	Lab Corp	02/10/22 - 04/28/22
OCCUPATIONAL/PHYSICAL/SPEECH THERAPY	Calo Occupational Therapy	01/14/22 - 02/03/22
PROGRESS NOTES	J Nair, PhD/MD - Change Academy Lake of the Ozarks	01/14/22 - 06/30/22
PROGRESS NOTES	J Mashek/K Amptmeyer, MA/J Martin/A Engelbrecht, LMSW/S Ferguson - Change Academy Lake of the Ozarks	01/14/22 - 06/30/22



PROGRESS NOTES	Lakeland Behavioral Health System	06/30/22 - 08/15/22
PROGRESS NOTES	Calo	03/11/22 - 04/08/22
PROGRESS NOTES	Social Welfare Institute of Baotou City	04/19/12 - 05/08/12
PROGRESS NOTES	All About Children Pediatrics	05/21/11 - 01/12/22
PROGRESS NOTES	Counseling Helps	06/28/22
MISCELLANEOUS		11/21/00 - 10/05/23 & Undated

Description of the Covered Person's History (Summary): According to the medical records, the patient is a 12-year-old female with a date of birth of 05//21/2011 with a history of Unspecified depression, cannabis abuse disorder, borderline personality disorder, reactive attachment disorder has been residential treatment center RTC. The review period is from 05/11/2022 to 06/29/2022.

Final external review decision: The requested Dates of Appeal: 5/11/2022 - 6/29/2022 are medically necessary as such terms are defined in the plan.

Findings: Based on the plan's definition of medical necessity, the dates 5/11/2022 -6/29/2022 are medically necessary for this patient.

During the above dates under review, the patient continues to report significant depressive symptoms, low energy, excessive sleep, isolation, lack of energy, hopelessness, and anhedonia. She continues to display severe impairment that demonstrates the clinical need for 24-hour supervision and active treatment to prevent continued deterioration of her condition and subsequently in assessing the inpatient care. Less restrictive and lower level of care would not be able to provide the level of care she needed.

"Generally speaking, though, psychiatric hospitalization works best for people who pose a threat to themselves or others. Suicide threats, drug overdoses, threats of violence to family members, psychosis, and the inability to provide basic care for oneself can all be reasons to have a child hospitalized." (Rochester Center for Behavioral Medicine, 2020).

"An interdisciplinary approach is essential for the effective and successful treatment of MDD. Primary care physicians and psychiatrists, along with nurses, therapists, social workers, and case managers, form an integral part of these collaborated services. In the majority of cases, PCPs are the first providers to whom individuals with MDD present mostly with somatic complaints. Depression screening in primary care settings is very imperative. The regular screening of the patients using depression rating scales such as PHQ-9 can be very helpful in the early diagnosis and intervention, thus improving the overall outcome of MDD. Psychoeducation plays a significant role in improving patient compliance and medication adherence. Recent evidence also supports that lifestyle modification, including moderate exercises, can help to improve mild-to-moderate depression. Suicide screening at each psychiatric visit can be helpful to lower suicide incidence. Since patients with MDD are at increased risk of suicide, close monitoring, and follow up by mental health workers becomes necessary to ensure safety and compliance with mental health treatment. The involvement of families can further add to a better outcome of the overall mental health treatment. Meta-analyses of randomized trials have shown that depression outcomes are superior when using collaborative care as compared with usual care." (Bains, N., &



Abdijadid, S. 2023).

"Mood disorders are common psychiatric disorders associated with high morbidity and mortality. Educating the patients regarding the symptoms and timely treatment is mandatory for recovery from mood disorders. Psychoeducation is important for treatment adherence to medications and psychotherapy and continued engagement in treatment and reduced risk of relapse. At the time of discharge from in-patient facilities, the patients and the caregivers should be taught about the early warning signs of mood disorder relapse. If the patients develop symptoms such as a decreased need for sleep, increased talkativeness, racing thoughts, and feeling more energetic, he/she should be immediately brought to the psychiatry office for treatment optimization. Recovery from mania and depression is very critical, and adherence to medication and therapy is important to recover fully. Regular follow-ups and compliance to treatment should be emphasized in every office visit." (Sekhon, S.& Gupta, V. 2023).

"Sometimes mental illness becomes so severe that you need care in a psychiatric hospital. This is generally recommended when you can't care for yourself properly or when you're in immediate danger of harming yourself or someone else." (Mayo Clinic, 2019).

National Criteria/Literature:

Bains N, Abdijadid S. Major Depressive Disorder. [Updated 2023 Apr 10]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK559078/>

Mayo Clinic (2019)

Sekhon S, Gupta V. Mood Disorder. [Updated 2023 May 8]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK558911/>

Whittaker, J. K., Holmes, L., Del Valle, J. F., Ainsworth, F., Andreassen, T., Anglin, J., Bellonci, C., Berridge, D., Bravo, A., Canali, C., Courtney, M., Currey, L., Daly, D., Gilligan, R., Grietens, H., Harder, A., Holden, M., James, S., Kendrick, A., Knorth, E., Zeira, A. (2017). *Psicothema*, 29(3), 289–298. <https://doi.org/10.7334/psicothema2016.172>

I certify that I do not accept compensation for review activities that is dependent in any way on the specific outcome of the case. To the best of my knowledge, I was not involved with the specific episode of care prior to referral of the case for review. I do not have a material, professional, familial, or financial conflict of interest (financial conflict of interest is defined as ownership interest of greater than 5%) regarding any of the following: the referring entity; the insurance issuer or group health plan that is the subject of the review the covered person whose treatment is the subject of the review and the covered person's authorized representative, if applicable; any officer, director or management employee of the insurance issuer that is the subject of the review; any group health plan administrator, plan fiduciary, or plan employee; the health care provider, the health care provider's medical group or independent practice association recommending the health care service



or treatment that is the subject of the review; the facility at which the recommended health care service or treatment would be provided; or the developer or manufacturer of the principle drug, device, procedure or other therapy being recommended for the covered person whose treatment is the subject of the review.

This attestation certifies that the peer reviewer has the appropriate scope of licensure or certification that typically manages the medical condition, procedure, treatment, or issue under review and has current, relevant experience and/or knowledge to render a determination for the case under review. The peer reviewer has 7 years of relevant experience managing this condition and has treated this condition within the last month.

What if I need help understanding this decision?

Contact us at if you need assistance understanding this notice:

Network Medical Review
1252 Bell Valley Road, Suite 210
Rockford, IL 61108
Phone: 815-964-6334, Option 5
Fax: 815-964-1162

What happens now? If we have overturned the denial, your plan or health insurance issuer will now provide service or payment.

If we have upheld the denial, there is no further review available under the appeals process. However, you may have other remedies available under State or Federal law, such as filing a lawsuit.

Other resources to help you: For questions about your appeal rights, this notice, or for assistance, you can contact the Employee Benefits Security Administration at 1-866-444-EBSA (3272)]

Additionally, you can contact your consumer assistance program at:

Illinois Department of Insurance
320 W. Washington St, 4th Floor
Springfield, IL 62767
(877) 527-9431
<http://www.insurance.illinois.gov>
DOI.Director@illinois.gov