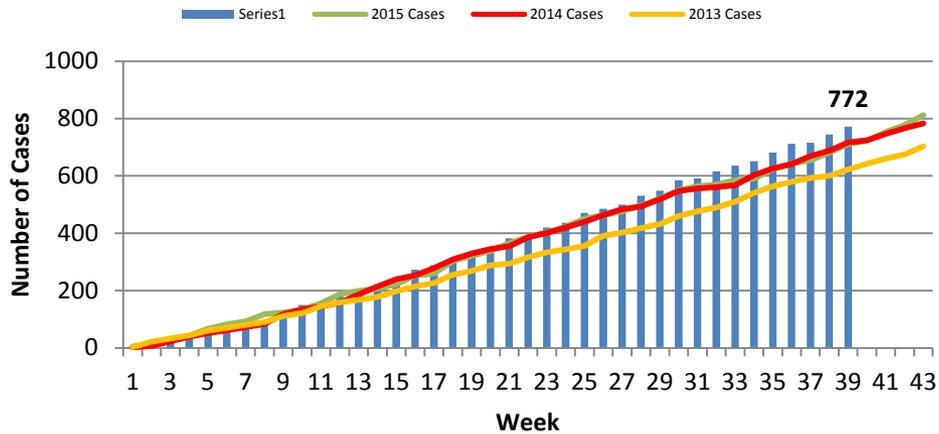


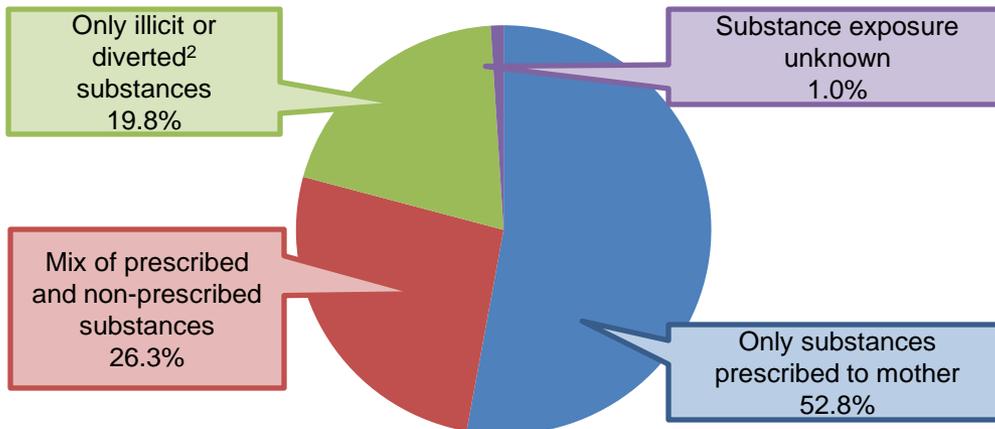
Neonatal Abstinence Syndrome Surveillance

September Update (Data through 10/01/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **772 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**79.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight: In-Home Help for Mothers and Babies. Women who are pregnant, or who have recently given birth and have a history of mental illness and/or use and abuse drugs can qualify for in-home visits from a registered nurse. This program addresses: healthcare assessments, education and positive parenting skills, strategies to prevent infant mortality, child abuse and neglect, and alcohol and drug misuse and abuse. The services are available in Davidson, Hamilton, Maury, Robertson, Rutherford, Sumner, and Williamson Counties. Featured on the TN Department of Mental Health & Substance Abuse [website](#), [Nurses for Newborns](#) provides specific services for women and babies in Tennessee.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	528	68.4
Legal prescription of an opioid pain reliever	83	10.8
Legal prescription of a non-opioid	59	7.6
Prescription opioid obtained without a prescription	205	26.6
Non-opioid prescription substance obtained without a prescription	89	11.5
Heroin	19	2.5
Other non-prescription substance	123	15.9
No known exposure	8	1.0
Other ⁴	41	5.3

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	53	6.8
East	167	28.5
Hamilton	14	4.4
Jackson/Madison	3	3.3
Knox	71	17.7
Mid-Cumberland	88	7.5
North East	144	56.6
Shelby	3	0.3
South Central	39	11.1
South East	27	10.0
Sullivan	56	48.7
Upper Cumberland	80	26.9
West	27	6.0
Total	772	12.7

NAS Prevention Opportunities

Women of Childbearing Age

- Many women taking opioids may not know they are pregnant and unknowingly expose their unborn child.
- Taking opioids early in pregnancy can cause birth defects and serious problems for infants and mothers
- Use prescription medications only as directed by a healthcare provider; talk to your provider about pregnancy prevention if you are taking opiates for pain.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine and ensure women of childbearing age are prescribed contraception with these substances.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
2. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov