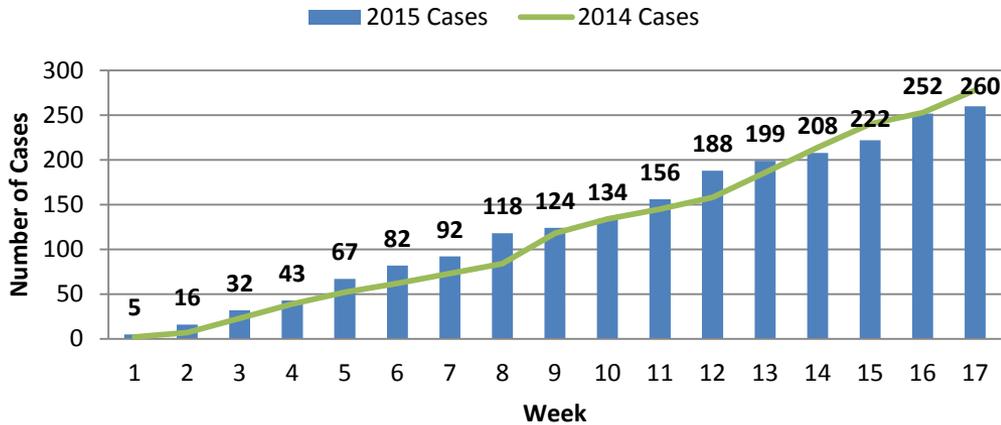


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

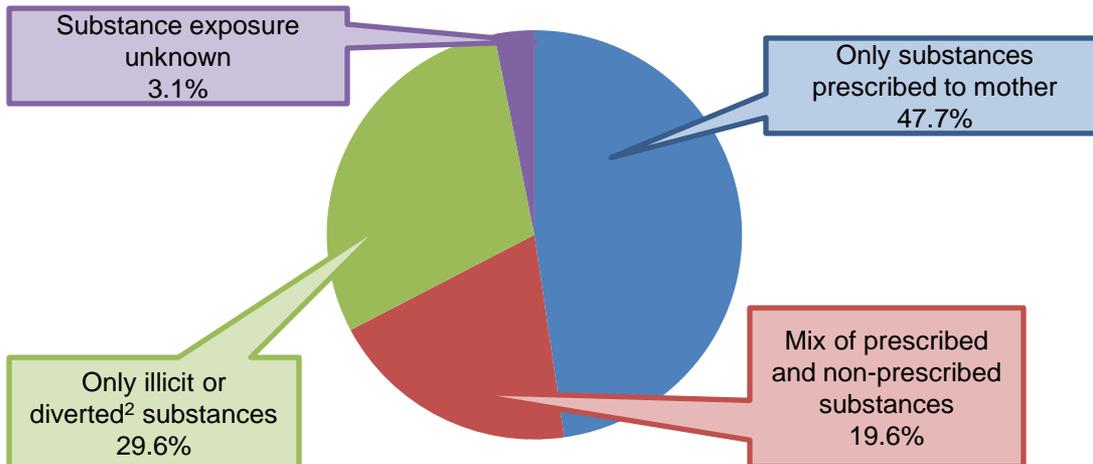
January Update (Data through 5/2/2015)



Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **260 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**67.3%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2015 have occurred in Sullivan County and the Northeast region.

NAS Prevention Highlight

Tennessee has developed statewide strategies to prevent and treat the prescription drug epidemic in our state. The "[Prescription for Success](#)" is a strategic plan developed by the Tennessee Department of Mental Health and Substance Abuse Services in collaboration with multiple state agency partners. This comprehensive, multi-year plan highlights these partnerships and describes a plan to decrease drug abuse, drug overdose, inappropriate prescriptions, while increasing the opportunities for drug disposal, early intervention, treatment, and interstate collaboration. If you have questions about the plan, email TDMHASAS Commissioner E. Douglas Varney at Doug.Varney@tn.gov

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	151	58.1
Supervised pain therapy	28	10.8
Therapy for psychiatric or neurological condition	19	7.3
Prescription substance obtained WITHOUT a prescription	93	35.8
Non-prescription substance	63	24.2
No known exposure but clinical signs consistent with NAS	3	1.2
No response	5	1.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	18	5.5
East	55	21.7
Hamilton	6	4.7
Jackson/Madison	0	0.0
Knox	35	20.3
Mid-Cumberland	26	5.2
North East	35	32.2
Shelby	10	2.3
South Central	15	9.9
South East	2	1.9
Sullivan	20	38.4
Upper Cumberland	33	25.5
West	5	2.6
Total	260	10.0

NAS Prevention Opportunities

Women of Childbearing Age

- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Learn what the [Centers for Disease Control and Prevention](#) suggests healthcare providers can do when prescribing painkillers to address the overdose epidemic among women. Multiple resources are available including: factsheets, A Morbidity and Mortality Report, and "[Science Clips](#)" on various topics.

Everyone

- Learn more about the "[Good Samaritan](#)" civil immunity law centered on the lifesaving medicine Naloxone. Legislation went into effect on July 1, 2014 granting immunity to providers who prescribe Naloxone and those Good Samaritans who administer the medicine they reasonably believe is overdosing on an opioid.

Notes

1. Individual weekly summary reports are archived at: http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml
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