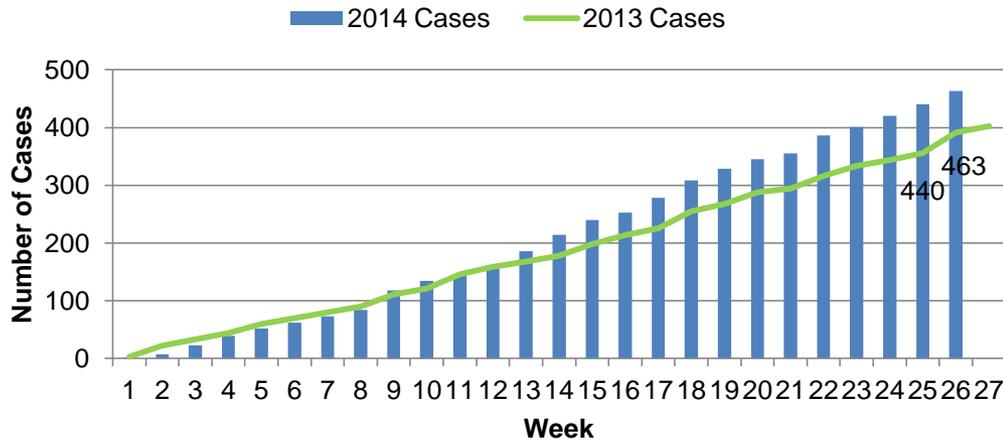


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

June Update (Data through 06/28/2014)



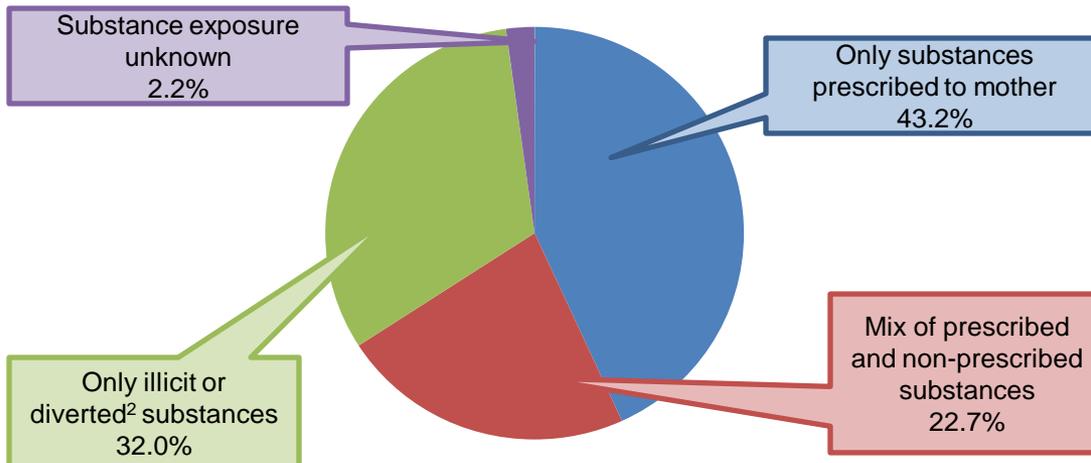
Cumulative Cases NAS Reported



Quick Facts: NAS in Tennessee

- **463 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**65.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2014 have occurred in Sullivan County and the East, Northeast, and Upper Cumberland Regions.

Maternal Source of Exposure



NAS Prevention Highlight

The White House Office of National Drug Control Policy has released the [2014 National Drug Control Strategy](#).

Tennessee is cited in the report for progress in doctor shopping as a result of the use of the Controlled Substance Monitoring Database. The report also praises Tennessee for our mandatory prescriber education (on responsible opioid prescribing).

Dr. Stephen Loyd, an Internal Medicine physician and medical educator in Northeast TN, is featured in the report for his work to prevent and address prescription drug abuse through prescriber education.

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	243	52.5
Supervised pain therapy	63	13.6
Therapy for psychiatric or neurological condition	29	6.3
Prescription substance obtained WITHOUT a prescription	196	42.3
Non-prescription substance	101	21.8
No known exposure but clinical signs consistent with NAS	1	0.2
No response	9	1.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	23	4.8
East	133	34.6
Hamilton	5	2.5
Jackson/Madison	1	1.6
Knox	54	21.6
Mid-Cumberland	41	5.8
North East	68	42.5
Shelby	20	3.7
South Central	12	5.6
South East	7	4.0
Sullivan	29	37.3
Upper Cumberland	55	30.2
West	15	5.2
Total	463	12.4

NAS Prevention Opportunities

Women of Childbearing Age

- Only use prescription drugs as directed by a health care provider and dispose of medications properly as soon as the course of treatment is done.

Health Care Providers

- If you are looking for available substance abuse treatment centers for your patients, check out this [Treatment and Recovery Services Directory](#) from the Department of Mental Health and Substance Abuse Services.
- Talk to women of childbearing age about pregnancy intent, as prevention of unintended pregnancy is a primary prevention strategy for NAS. The "[One Key Question](#)" campaign from Oregon has materials for patients as well as provider materials on evidence-based contraceptive care.

Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: http://tn.gov/environment/sustainable-practices_unwanted-prescriptions.shtml

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. Michael Warren at michael.d.warren@tn.gov.