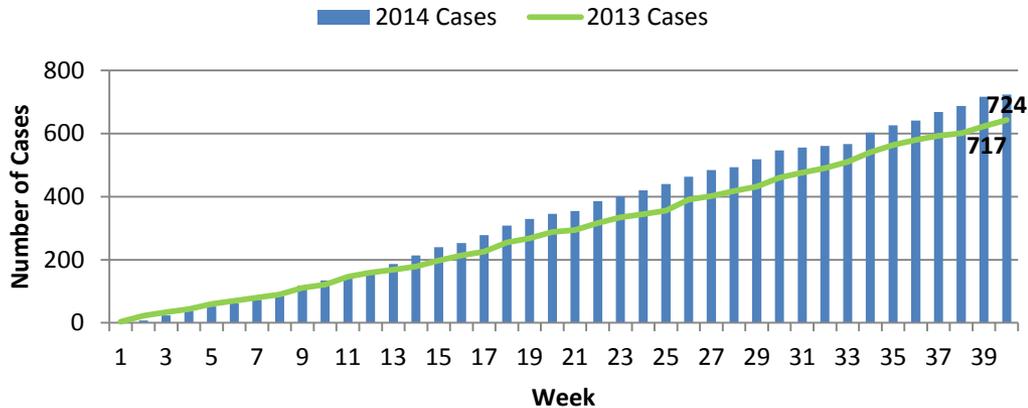


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

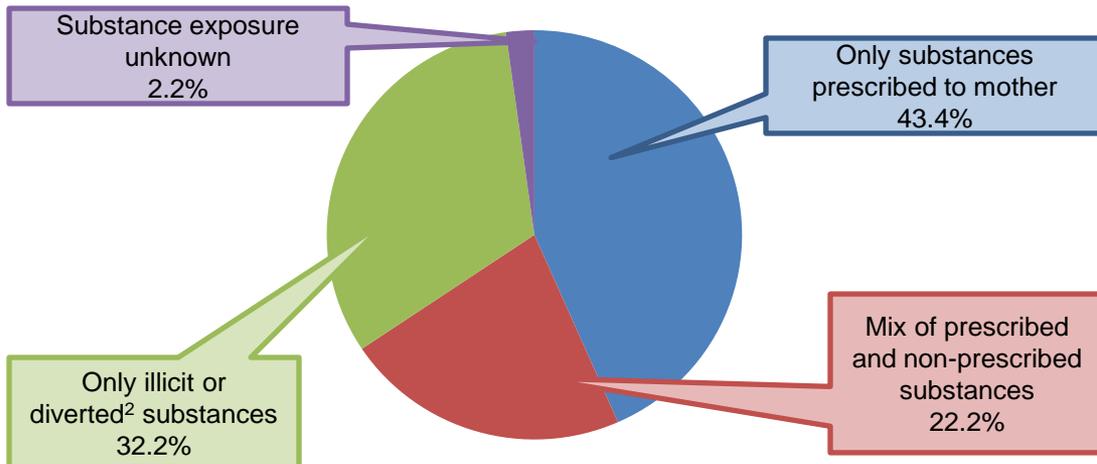
September Update (Data through 10/04/2014)



Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **724 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**65.6%**), 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 Northeast, East, and Upper Cumberland Regions.

NAS Prevention Highlight

The Howard H. Baker, Jr. Center for Public Policy recently announced its second annual "Policy Challenge" and reduction of prescription opioid use among pregnant women is one of the potential policy topic areas. Students will work together in teams to "develop policy recommendations and action plans to combat local and state issues." The topic of opioid use among pregnant women was proposed by the Metropolitan Drug Commission in Knoxville. Read more about the project in [this release](#).

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	380	52.5
Supervised pain therapy	99	13.7
Therapy for psychiatric or neurological condition	47	6.5
Prescription substance obtained WITHOUT a prescription	301	41.6
Non-prescription substance	158	21.8
No known exposure but clinical signs consistent with NAS	2	0.3
No response	14	1.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	37	5.0
East	208	35.6
Hamilton	11	3.5
Jackson/Madison	2	2.1
Knox	80	20.8
Mid-Cumberland	64	5.8
North East	97	39.3
Shelby	28	2.8
South Central	25	7.6
South East	18	6.5
Sullivan	49	40.9
Upper Cumberland	83	29.4
West	22	5.0
Total	724	12.2

NAS Prevention Opportunities

Women of Childbearing Age

- Ask your health care provider about the risks of any medication that you are taking.
- Take only medications that are prescribed to you. Never use someone else's medication.

Health Care Providers

- [Screen all pregnant women](#) for substance use and refer for appropriate treatment.
- Talk with women of childbearing age about their plans for becoming pregnant. Counsel them on [effective strategies](#) for preventing an unintended pregnancy.
- Before writing a prescription for a controlled medication, check the Tennessee Controlled Substance Monitoring Database. Log on at:

<https://www.tncsmd.com/Login.aspx>

Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: http://www.tennessee.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. Angela Miller at angela.m.miller@tn.gov.