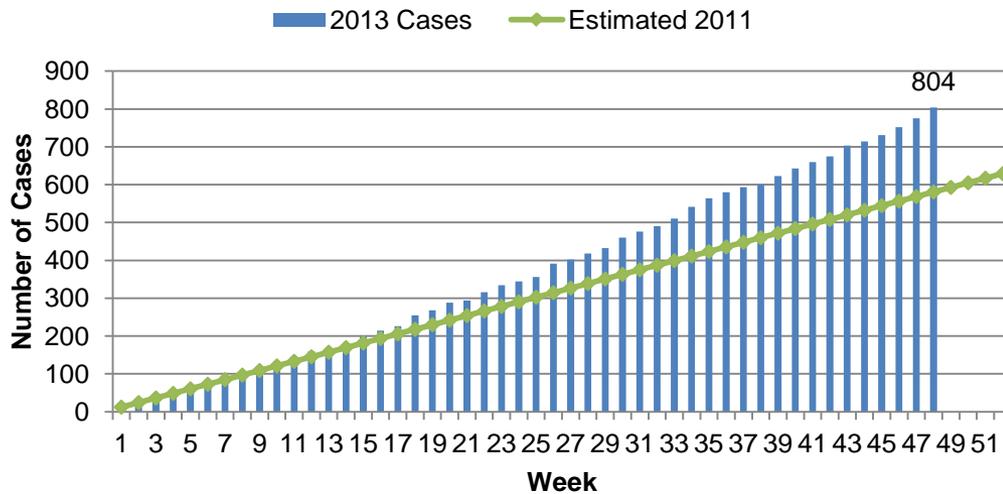


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

November Update (Data through 11/30/2013)



Cumulative Cases NAS Reported



Quick Facts: NAS in Tennessee

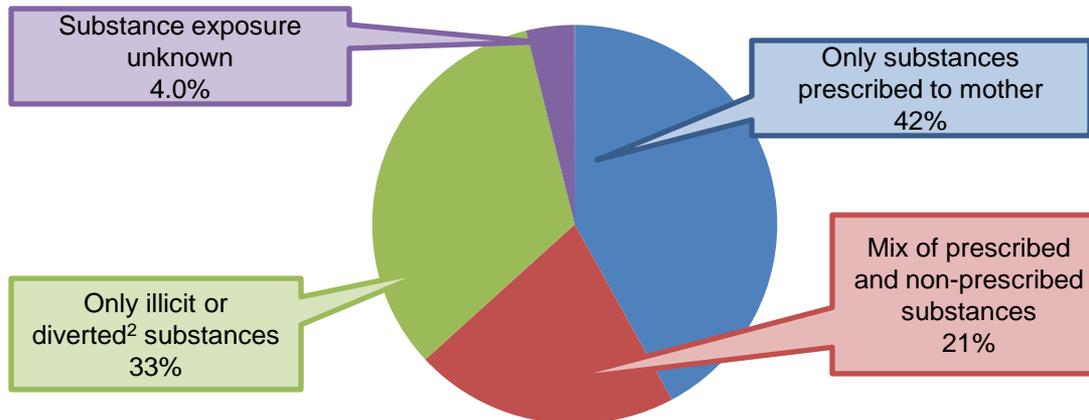
- **804 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2013
- In the majority of NAS cases (**63%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2013 have occurred in Sullivan County and the Northeast Region (5.0 and 3.5 times higher than the state average, respectively).

NAS Prevention Highlight

The [Prescription Safety Act of 2012](#) requires that prescribers in Tennessee query the Controlled Substance Monitoring Database before a new prescription for an opioid or benzodiazepine. A recent survey of Tennessee prescribers showed that after implementation of the Prescription Safety Act:

- Almost 80 percent think the CSMD is useful for decreasing the incidence of doctor shopping
- Over 70 percent have changed a proposed treatment plan for a given patient after viewing the information found in the CSMD
- Nearly 72 percent said they are more likely to discuss substance abuse/issues concerns with their patients

Maternal Source of Exposure



Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	367	45.6%
Supervised pain therapy	159	19.8%
Therapy for psychiatric or neurological condition	61	7.6%
Prescription substance obtained WITHOUT a prescription	318	39.6%
Non-prescription substance	225	28.0%
No known exposure but clinical signs consistent with NAS	11	1.4%
No response	20	2.5%

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	34	3.8
East	220	30.1
Hamilton	15	3.9
Jackson/Madison	2	1.7
Knox	95	19.6
Mid-Cumberland	52	3.8
North East	119	37.6
Shelby	15	1.2
South Central	26	6.1
South East	12	3.8
Sullivan	81	55.9
Upper Cumberland	106	30.3
West	27	4.9
Total	804	10.9

NAS Prevention Opportunities

Women of Childbearing Age

- Before taking a medication, talk with your healthcare provider about potential harmful effects to your baby.
- If you need help with alcohol or drug addiction, search for local treatment resources using the [SAMHSA Substance Abuse Treatment Facility Locator](#).

Health Care Providers

- Continuing education materials are available for you to learn more about safe and effective practices for prescribing opioids. One example is this [free online CME program](#) developed by the American College of Physicians and Pri-Med.
- Review pertinent issues related to non-medical use of prescription drugs by women of childbearing age in this [ACOG Committee Opinion](#).

Everyone

- Learn how to safeguard your medicines and prevent medicine abuse in children at the [Medicine Abuse Project](#).

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.