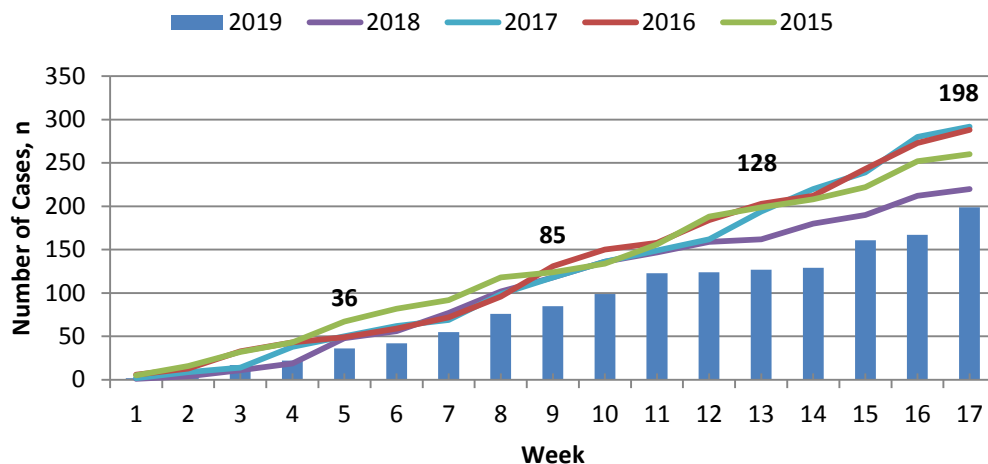


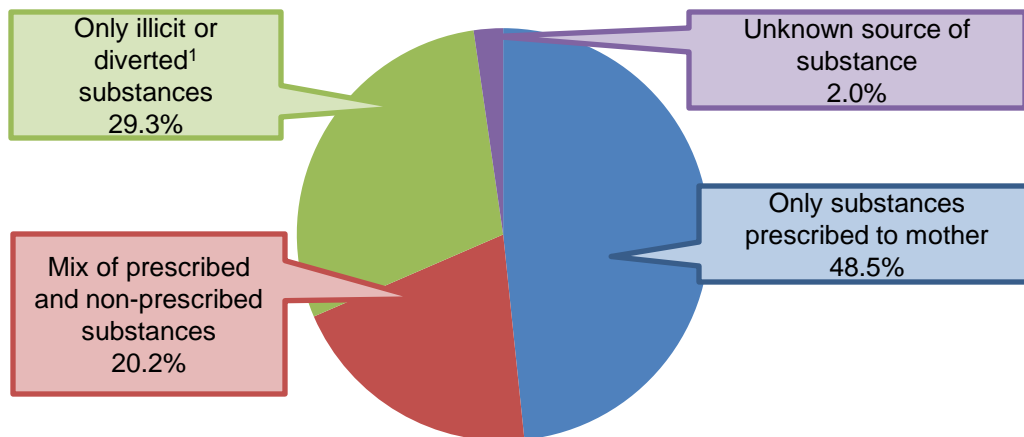
# Neonatal Abstinence Syndrome Surveillance

## April 2019 Update (Data through 04/27/2019)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **198 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**68.7%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the Northeast and East Health Regions, and Sullivan County.

**NAS Prevention Highlight** – The American College of Obstetricians and Gynecologists (ACOG) recommend that immediate postpartum long-acting reversible contraception be made available as an effective option for postpartum contraception. The recommendation has been supported by the American College of Nurse-Midwives, the Society for Maternal-Fetal Medicine, the American Academy of Family Physicians, and the Association of Women’s Health, Obstetric and Neonatal Nurses. TennCare (Tennessee’s Medicaid Program) also provides coverage for voluntary reversible long acting contraceptives (VRLACs). Women who are pregnant and interested in voluntary long acting reversible contraception through the insertion of an intrauterine device should talk to their physician about receiving a VLARC after delivery of their baby.

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	126	63.6
Legal prescription of an opioid pain reliever	11	5.6
Legal prescription of a non-opioid	10	5.1
Prescription opioid obtained without a prescription	56	28.3
Non-opioid prescription substance obtained without a prescription	26	13.1
Heroin	10	5.1
Other non-prescription substance	32	16.2
No known exposure	1	0.5
Other	6	3.0

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	3	0.9
East	36	14.3
Hamilton	5	3.8
Jackson/Madison	0	0
Knox	12	7.2
Mid-Cumberland	30	5.9
North East	36	34.0
Shelby	19	4.5
South Central	10	6.4
South East	4	3.4
Sullivan	22	49.5
Upper Cumberland	12	9.8
West	9	5.3
<b>Total</b>	<b>198</b>	<b>7.7</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- Discuss pain treatment options, including options that do not include prescription pain medications
- Use prescription medications only as directed by a healthcare provider.
- Store all medications in a secure place.
- Never use medications prescribed for someone else.

#### Health Care Providers

- Educate patients about [Tennessee REDLINE](#) at 800-889-9789.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine

#### Everyone

- Get help for substance abuse at [1-800-662-HELP](#).
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.
- Utilize [prescription drug take-back box](#) map to properly dispose of unused medications.

#### Notes

1. "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.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/nas>

For questions or additional information, contact Dr. Angela Miller at [angela.m.miller@tn.gov](mailto:angela.m.miller@tn.gov)