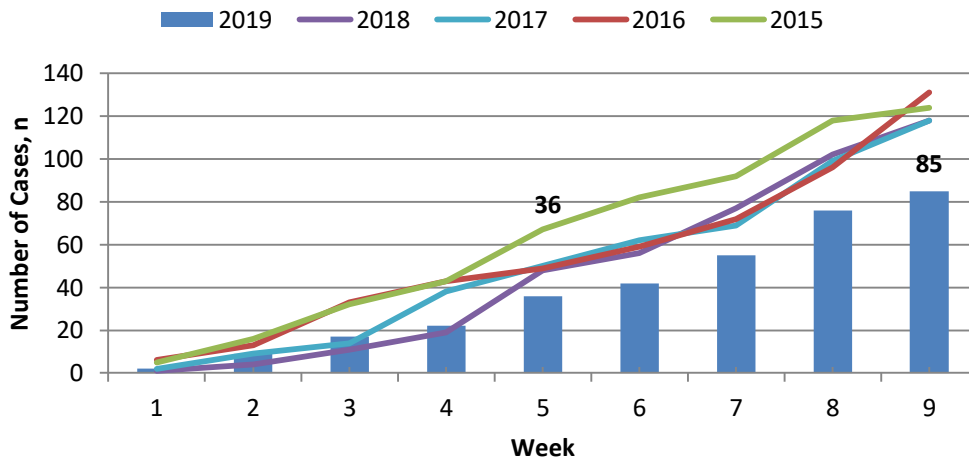


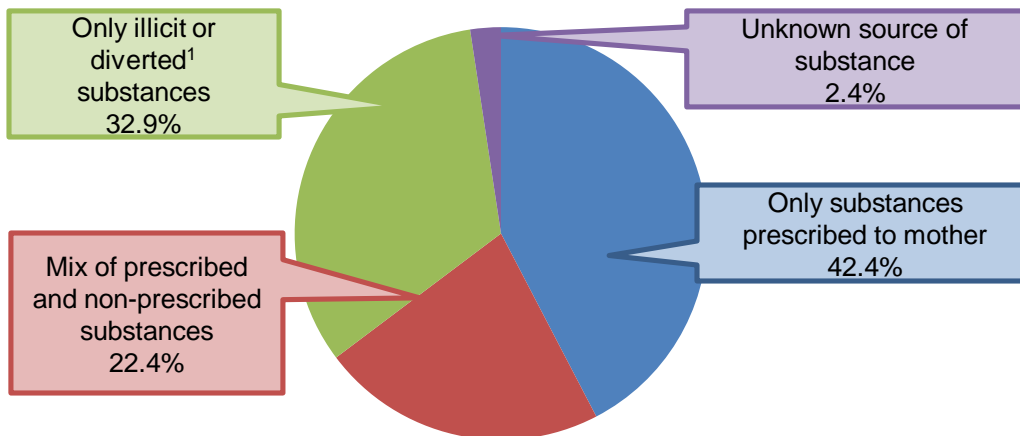
Neonatal Abstinence Syndrome Surveillance

February 2019 Update (Data through 03/02/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **85 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**64.8%**), 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, Upper Cumberland Regions, and Sullivan County.

NAS Prevention Highlight – The federal “[21st Century Cures Act](#)” could lead to Tennessee receiving as much as \$13.8 million dollars over the next two years to help battle the opioid epidemic. The Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) is required to spend 20% of the money on prevention, which could include providing naloxone kits to those at high risk of overdose; conducting a statewide media campaign; using social media and athletes to widen awareness of the epidemic and resources for help. Nurses may also be hired to train individuals and community organizations on the use of naloxone; hold educational events; and distribute resources such as “safety kits” at treatment sites. For more information contact [Sarah Cooper](#) at TDMHSA.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	51	60.0
Legal prescription of an opioid pain reliever	7	8.2
Legal prescription of a non-opioid	1	1.2
Prescription opioid obtained without a prescription	26	30.6
Non-opioid prescription substance obtained without a prescription	11	12.9
Heroin	5	5.9
Other non-prescription substance	15	17.7
No known exposure	0	0
Other	5	5.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	1	0.6
East	11	8.9
Hamilton	5	7.8
Jackson/Madison	0	0
Knox	3	3.6
Mid-Cumberland	19	7.9
North East	9	17.6
Shelby	9	4.2
South Central	7	8.9
South East	3	5.0
Sullivan	7	32.9
Upper Cumberland	7	11.6
West	4	4.7
Total	85	6.7

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

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