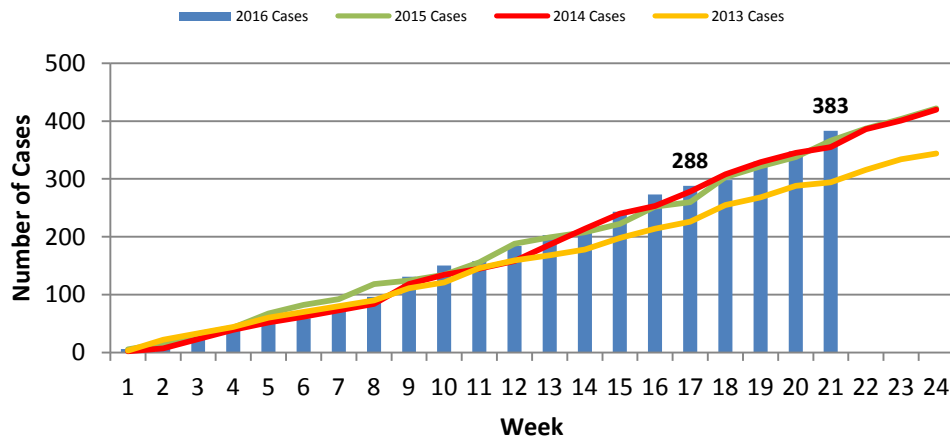


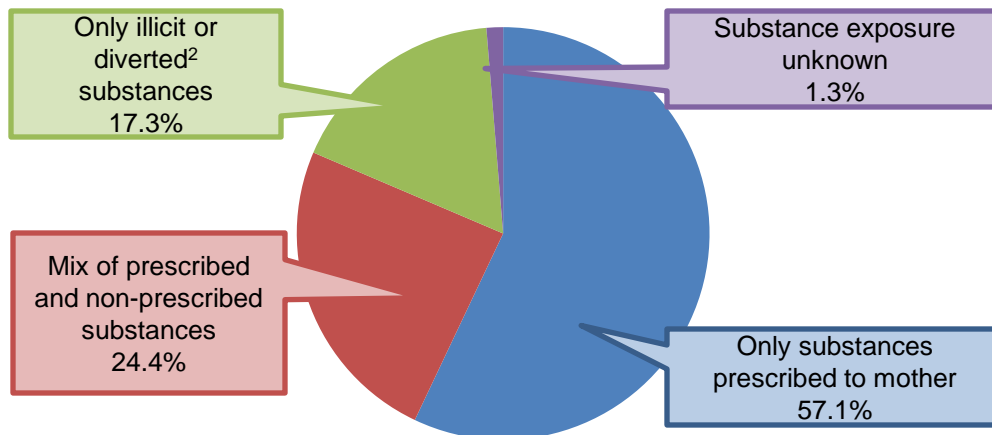
Neonatal Abstinence Syndrome Surveillance

May Update (Data through 05/28/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **383 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**81.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East and Northeast Health Regions, and Sullivan County.

NAS Prevention Highlight

The Tennessee REDLINE (1-800-889-9789) is a toll-free information and referral line coordinated by the Tennessee Association of Alcohol, Drug & Other Addiction Services (TAADAS). This service provides addiction information and referral to all citizens of Tennessee at their request.

REDLINE staff do not provide therapy or counseling, but will provide specific referrals based on stated needs.

This service is funded by the Tennessee Department of Mental Health and Substance Abuse Services. For more information, visit the [website](#) or contact TAADAS at 615-780-5901.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	271	70.8
Legal prescription of an opioid pain reliever	41	10.7
Legal prescription of a non-opioid	24	6.3
Prescription opioid obtained without a prescription	92	24.0
Non-opioid prescription substance obtained without a prescription	42	11.0
Heroin	9	2.4
Other non-prescription substance	53	13.8
No known exposure	5	1.3
Other ⁴	18	4.7

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	30	7.3
East	91	29.0
Hamilton	3	1.8
Jackson/Madison	1	2.1
Knox	30	13.8
Mid-Cumberland	47	7.5
North East	63	46.2
Shelby	0	0
South Central	21	11.1
South East	6	4.2
Sullivan	34	56.7
Upper Cumberland	41	26.0
West	16	6.7
Total	383	11.8

NAS Prevention Opportunities

Women of Childbearing Age

- It is important to use a [reliable birth control](#) method to prevent an unintended pregnancy.
- There is a risk of becoming physically dependent on opioids and developing an opioid use disorder.
- Consider a range of pain management options that include [non-pharmacologic methods](#).

Health Care Providers

- Discuss pain treatment options, including options that do not include prescription pain medications.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.
- Utilize the CDC "[Guideline for Prescribing Opioids for Chronic Pain](#)".

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
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