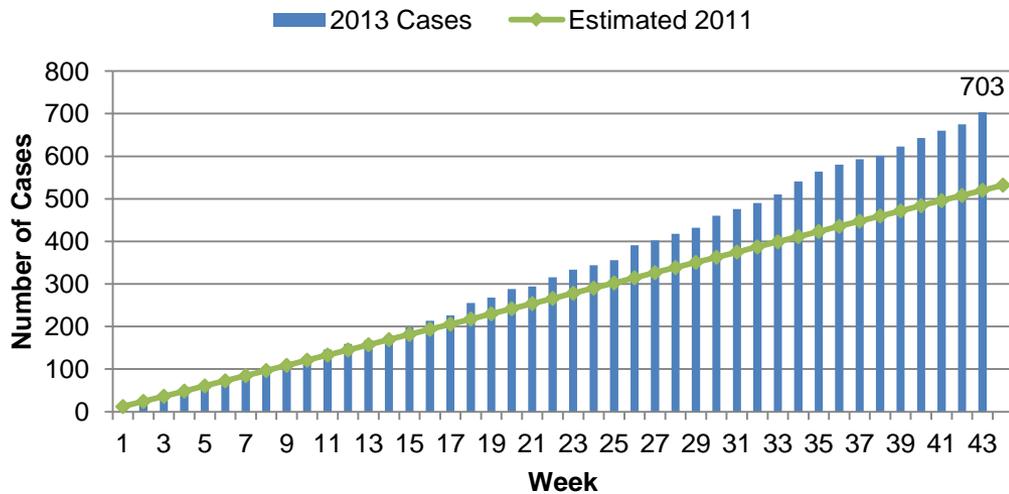


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

October 2013 Update (Data through 10/26/2013)



Cumulative Cases NAS Reported



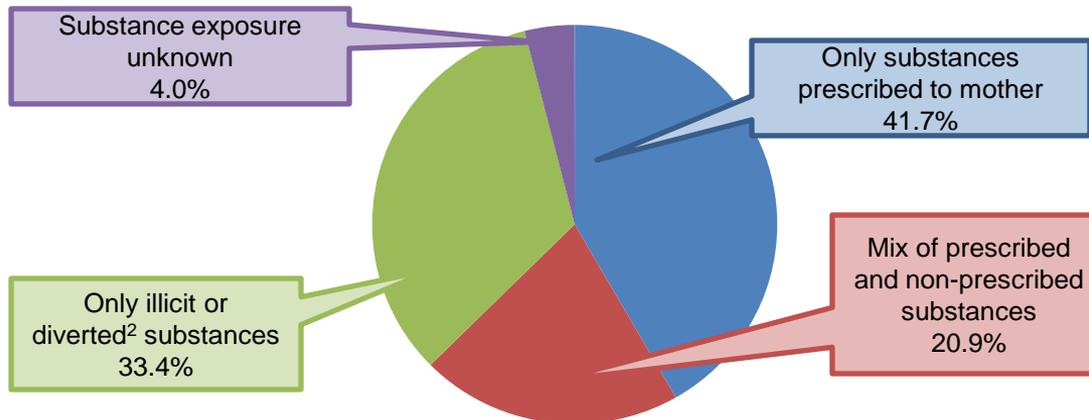
Quick Facts: NAS in Tennessee

- **703 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2013
- In the majority of NAS cases (**62.6%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2013 have occurred in Sullivan County and the Northeast Region.

NAS Prevention Highlight

Effective October 1, under a new Tennessee law, prescriptions for opioid pain medicines and benzodiazepine medicines may not be dispensed in Tennessee in quantities exceeding a 30-day supply. The new limits apply to all dispensers of these medications, including pharmacies, dispensaries and mail-order programs located either in or out of Tennessee. "The law to limit the dispensing of some medications, which went into effect Oct. 1, is part of a statewide effort to reduce problems associated with misuse of these powerful drugs," said TDH Chief Medical Officer David Reagan, MD, PhD. [Read more in this release from the Tennessee Department of Health.](#)

Maternal Source of Exposure



Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	313	44.5%
Supervised pain therapy	143	20.3%
Therapy for psychiatric or neurological condition	57	8.1%
Prescription substance obtained WITHOUT a prescription	279	39.7%
Non-prescription substance	197	28.0%
No known exposure but clinical signs consistent with NAS	11	1.6%
No response	17	2.4%

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	33	4.0
East	194	29.2
Hamilton	11	3.1
Jackson/Madison	1	0.9
Knox	78	17.7
Mid-Cumberland	46	3.7
North East	107	37.1
Shelby	14	1.2
South Central	23	6.0
South East	11	3.8
Sullivan	75	57.3
Upper Cumberland	90	28.5
West	20	3.9
Total	703	10.5

NAS Prevention Opportunities

Women of Childbearing Age

- If you need help with alcohol or drug addiction, search for local treatment resources using the [SAMHSA Substance Abuse Treatment Facility Locator](#).
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Visit the [SAMHSA SBIRT website](#) to learn more about Screening, Brief Intervention, and Referral to Treatment and download free screening tools for use in your practice.
- Register with the [Controlled Substance Monitoring Database](#). Check the database before writing a prescription for a controlled medication.

Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: http://tn.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. Michael Warren at michael.d.warren@tn.gov.