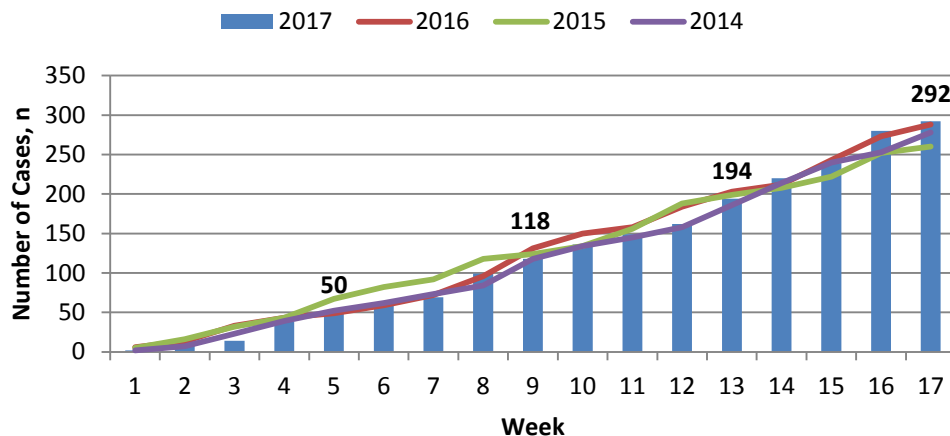


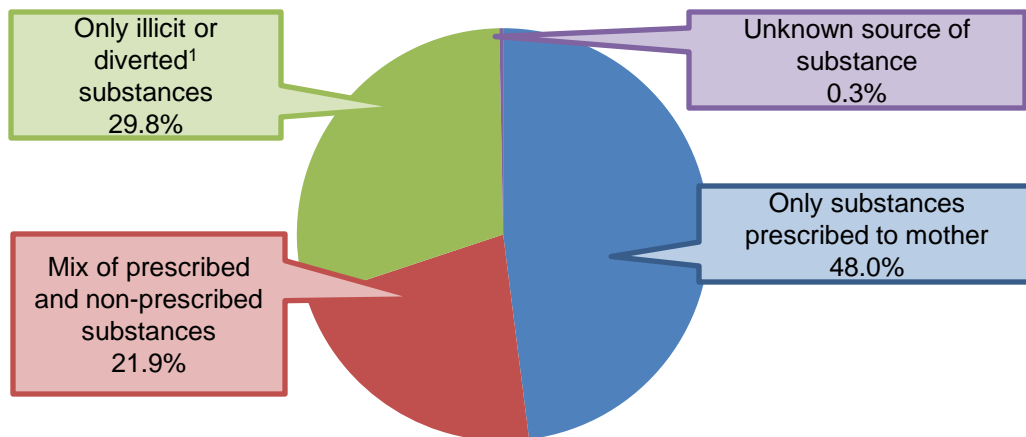
Neonatal Abstinence Syndrome Surveillance

April Update (Data through 04/29/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **292 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**69.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2017 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – A [Vanderbilt study](#)

found that male infants are more likely at birth than females to be diagnosed with drug withdrawal symptoms. The study found that male infants were 18% more likely than female infants to be diagnosed with NAS and 24% more likely to require pharmacologic treatment for NAS. Researchers found that male infants were likely to be diagnosed with respiratory difficulties more frequently than females, but were not more likely to be diagnosed with other complications such as feeding difficulty, jaundice, seizures, and low birthweight. Stephen W. Patrick, M.D., MPH, MS, assistant professor of Pediatrics and Health Policy in the Division of Neonatology at Monroe Carell Jr. Children’s Hospital is the senior author of the study. He stated this study may help treat opioid-exposed infants more precisely.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	190	65.1
Legal prescription of an opioid pain reliever	18	6.2
Legal prescription of a non-opioid	16	5.5
Prescription opioid obtained without a prescription	85	29.1
Non-opioid prescription substance obtained without a prescription	41	14.0
Heroin	17	5.8
Other non-prescription substance	54	18.5
No known exposure	1	0.3
Other	20	6.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	25	6.1
East	54	21.2
Hamilton	11	8.1
Jackson/Madison	4	10.3
Knox	30	17.8
Mid-Cumberland	26	5.2
North East	48	44.0
Shelby	8	1.9
South Central	16	10.5
South East	11	9.7
Sullivan	21	45.1
Upper Cumberland	32	27.3
West	6	3.1
Total	292	11.4

NAS Prevention Opportunities

Women of Childbearing Age

- 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.
- Partner with fellow providers to educate patients where to dispose of unused medications to reduce abuse and addiction by sharing [drug disposal site information](#).

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Join an [anti-drug coalition](#) in your community in Tennessee.

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/topic/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov