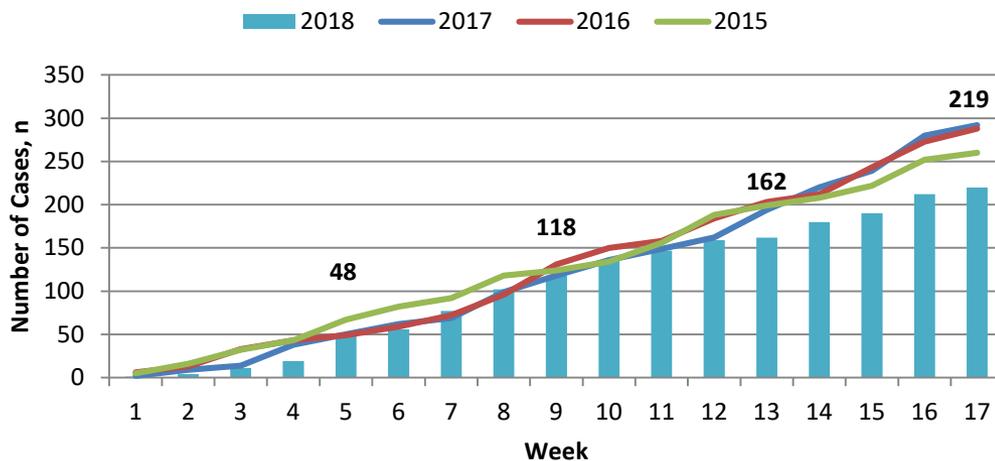


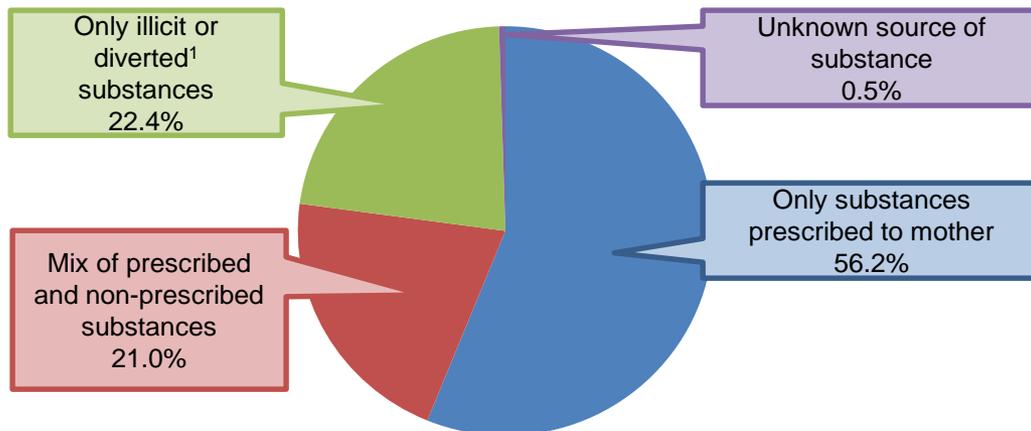
Neonatal Abstinence Syndrome Surveillance

April Update (Data through 04/28/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **219 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018.
- In the majority of NAS cases (**77.2%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast Region, Upper Cumberland Region, and Sullivan County.

NAS Prevention Highlight – Susannah's House is an intensive outpatient recovery program for mothers in recovery. The mission is to provide a source of help and hope in a therapeutic community for women and their children to break adverse cycles and rebuild their families. The facility invites foster parents and others caring for children with NAS to attend special programs designed to help them understand the special needs of the children under their care. Susannah's House is a not-for-profit organization with the gracious support of the community at large that partners with many churches of various denominations and non-profits throughout the community to serve families with the highest level of care possible. For more information, visit the website at www.susannahshouse.org

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	152	69.4
Legal prescription of an opioid pain reliever	18	8.2
Legal prescription of a non-opioid	16	7.3
Prescription opioid obtained without a prescription	61	27.9
Non-opioid prescription substance obtained without a prescription	28	12.8
Heroin	11	5.0
Other non-prescription substance	44	20.1
No known exposure	1	0.5
Other	3	1.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	7	2.2
East	45	18.6
Hamilton	8	6.3
Jackson/Madison	1	2.6
Knox	21	12.8
Mid-Cumberland	20	4.0
North East	44	43.1
Shelby	8	1.9
South Central	12	7.9
South East	9	7.9
Sullivan	11	21.7
Upper Cumberland	24	19.7
West	9	5.0
Total	219	8.7

NAS Prevention Opportunities

Women of Childbearing Age

- Visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- Taking opioids during pregnancy can cause birth defects. If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Understand the [CDC Guideline for Prescribing Opioids for Chronic Pain](#).
- Utilize the [Tennessee Controlled Substance Monitoring Database](#).
- Ensure access to family planning and preconception care for women who use opioids.
- Learn about [CDCs Treating for Two: Safer Medication Use in Pregnancy Initiative](#).

Everyone

- Get help for substance abuse. The Tennessee Redline is 800-889-9789.

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>

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