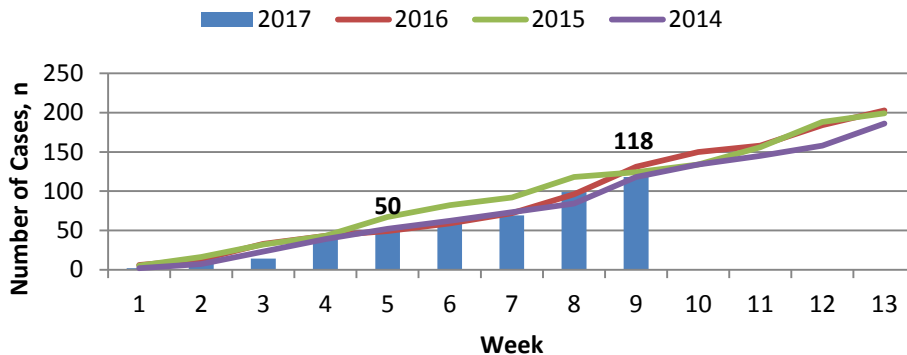


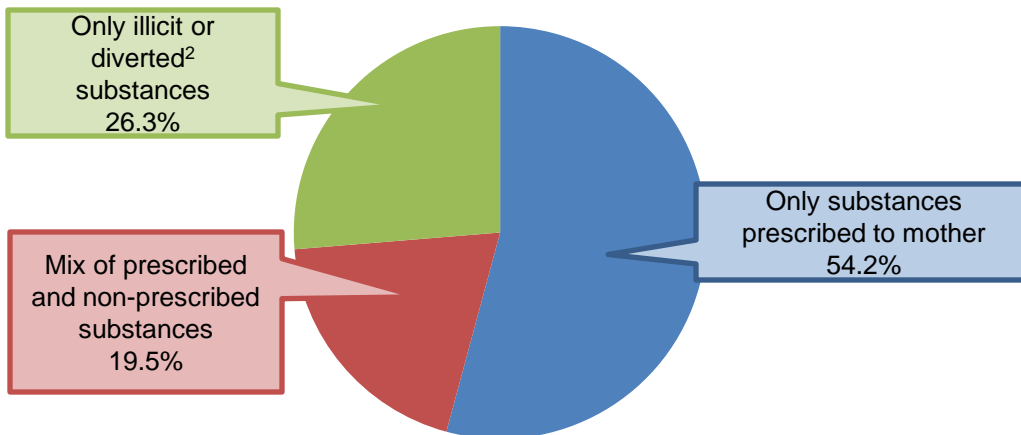
Neonatal Abstinence Syndrome Surveillance

February Update (Data through 03/04/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **118 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**73.7%**), 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 new task force has been formed in Knoxville to address opioid and drug issues in Knoxville and east Tennessee. One goal will be to encourage people with addiction to get help. The Knoxville Police Department is the lead agency and will be joined by the Knox County District Attorney’s Office, Medical Examiner, Sheriff’s Office, Tennessee Bureau of Investigation and other stakeholders. Leaders in East Tennessee are worried about the alarming rate of NAS compared to the rest of the state. The High Intensity Drug Traffic funds support NAS public service awareness and the coalition. For more information, email chiefofpolice@knoxvilletn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	83	70.3
Legal prescription of an opioid pain reliever	6	5.1
Legal prescription of a non-opioid	8	6.8
Prescription opioid obtained without a prescription	30	25.4
Non-opioid prescription substance obtained without a prescription	18	15.3
Heroin	8	6.8
Other non-prescription substance	24	20.3
No known exposure	0	0
Other ⁴	0	0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	8	5.3
East	13	10.1
Hamilton	3	4.4
Jackson/Madison	1	5.2
Knox	9	11.3
Mid-Cumberland	9	3.7
North East	29	51.2
Shelby	6	2.9
South Central	10	13.3
South East	3	5.2
Sullivan	13	56.5
Upper Cumberland	11	19.1
West	3	3.1
Total	118	9.3

NAS Prevention Opportunities

Everyone

- Dispose of unwanted or outdated medications. Find local drop sites at: <http://tn.gov/environment/article/sp-unwanted-pharmaceuticals>

Health Care Providers

- Check the [Controlled Substance Monitoring Database](#) before dispensing an opioid or benzodiazepine.
- Refer to **New 2017 Chronic Pain Guidelines** for recommendations on the appropriate treatment of chronic non-malignant pain for women of childbearing age.
- Talk with patients who are women of childbearing age about [how to prevent an unintended pregnancy](#).
- Screen patients for substance abuse risk and refer to mental health treatment resources as appropriate.
- Discourage women from smoking during pregnancy; nicotine dependence appears to increase the risk of development of NAS in the baby. [1-800-QUIT-NOW](#).

For further information: Visit the Tennessee's Department of Health's [NAS website](#).

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