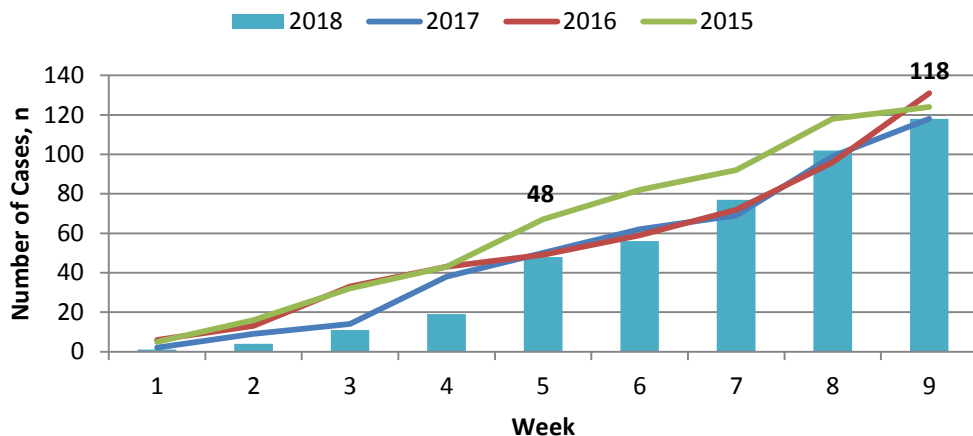


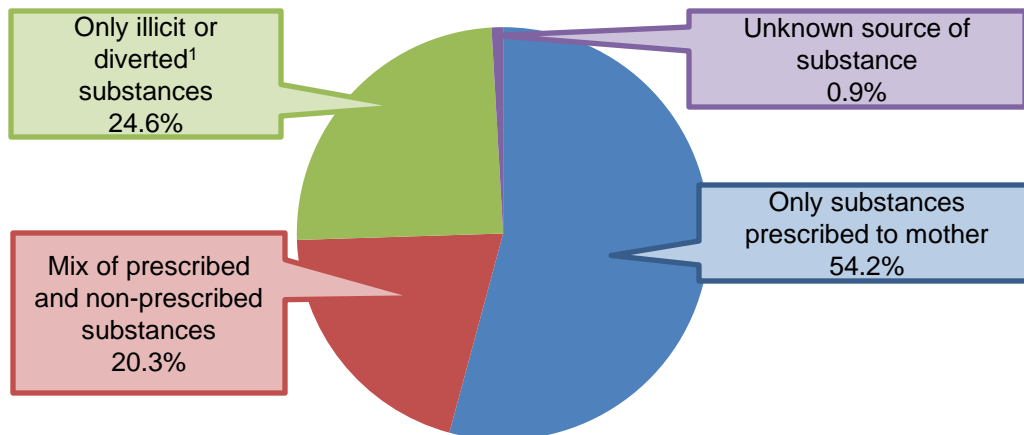
# Neonatal Abstinence Syndrome Surveillance

## February Update (Data through 03/03/2018)

### 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, 2018
- In the majority of NAS cases (**74.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

**NAS Prevention Highlight** –On January 22, 2018, Governor Bill Haslam announced an aggressive and comprehensive plan “**TN TOGETHER**” to end the opioid epidemic in Tennessee by focusing on three major components: prevention, treatment and law enforcement. TN Together is a multi-faceted initiative that addresses the issue of opioid addiction through legislation, proposed funding in the governor’s 2018-19 budget and executive actions. One goal of TN TOGETHER supports identifying women of childbearing age who are chronic opioid users and providing targeted outreach about risks and treatment in order to aid in the prevention of Neonatal Abstinence Syndrome. For more information about other TN TOGETHER goals visit the [frequently asked questions link](#).

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	78	66.1
Legal prescription of an opioid pain reliever	10	8.5
Legal prescription of a non-opioid	5	4.2
Prescription opioid obtained without a prescription	32	27.1
Non-opioid prescription substance obtained without a prescription	11	9.3
Heroin	7	5.9
Other non-prescription substance	21	17.8
No known exposure	1	0.9
Other	2	1.7

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	4	2.5
East	18	14.9
Hamilton	3	4.5
Jackson/Madison	1	5.1
Knox	9	11.0
Mid-Cumberland	11	4.4
North East	26	52.3
Shelby	5	2.4
South Central	9	11.7
South East	7	11.9
Sullivan	6	26.9
Upper Cumberland	14	23.8
West	5	5.3
<b>Total</b>	<b>118</b>	<b>9.3</b>

### 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/nas>

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