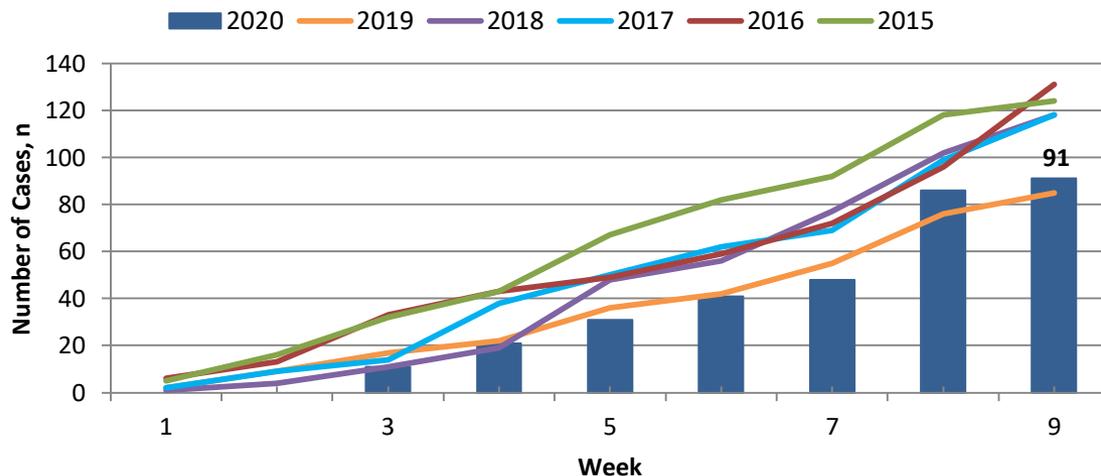


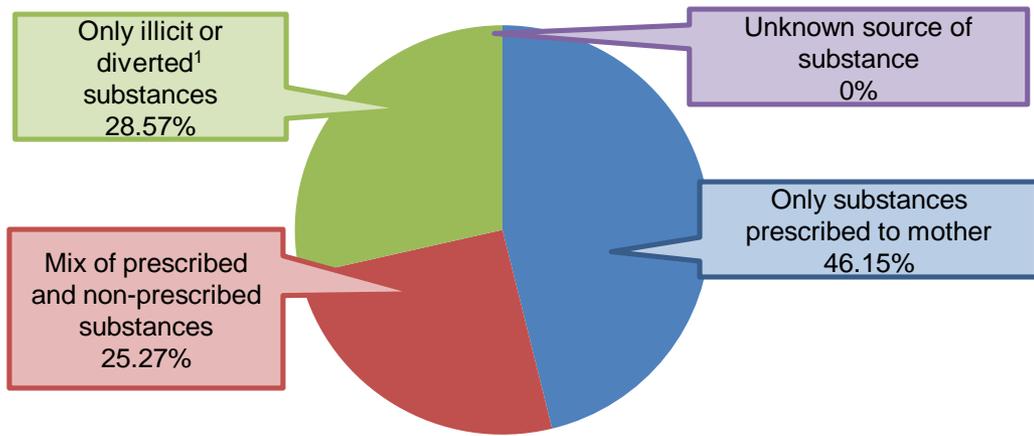
# Neonatal Abstinence Syndrome Surveillance

## February 2020 Update (Data through 02/29/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **91 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since February 29, 2020
- In the majority of NAS cases (**71%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast, East and Upper Cumberland Regions, and Sullivan County.

**NAS Prevention Highlight** – The American College of Obstetricians and Gynecologists (ACOG) recommend that immediate postpartum long-acting reversible contraception be made available as an effective option for postpartum contraception. The recommendation has been supported by the American College of Nurse-Midwives, the Society for Maternal-Fetal Medicine, the American Academy of Family Physicians, and the Association of Women’s Health, Obstetric and Neonatal Nurses. TennCare (Tennessee’s Medicaid Program) also provides coverage for long acting reversible contraceptives (LARCs). Women who are pregnant and interested in long acting reversible contraception through the insertion of an intrauterine device should talk to their physician about receiving a LARC after delivery of their baby.

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	63	69.23
Legal prescription of an opioid pain reliever	1	1.10
Legal prescription of a non-opioid	5	5.49
Prescription opioid obtained without a prescription	27	29.67
Non-opioid prescription substance obtained without a prescription	11	12.09
Heroin	7	7.69
Other non-prescription substance	18	19.78
No known exposure	0	0
Other <sup>4</sup>	7	7.69

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	5	3.2
East	13	9.7
Hamilton	3	4.5
Jackson/Madison	1	5.1
Knox	2	2.6
Mid-Cumberland	12	4.8
North East	17	32
Shelby	9	4.3
South Central	5	6.2
South East	3	5.5
Sullivan	12	53.6
Upper Cumberland	6	9.7
West	3	3.6
<b>Total</b>	<b>91</b>	<b>7.2</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- 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.

### Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- Get help for substance abuse at 1-800-662-HELP.

### 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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