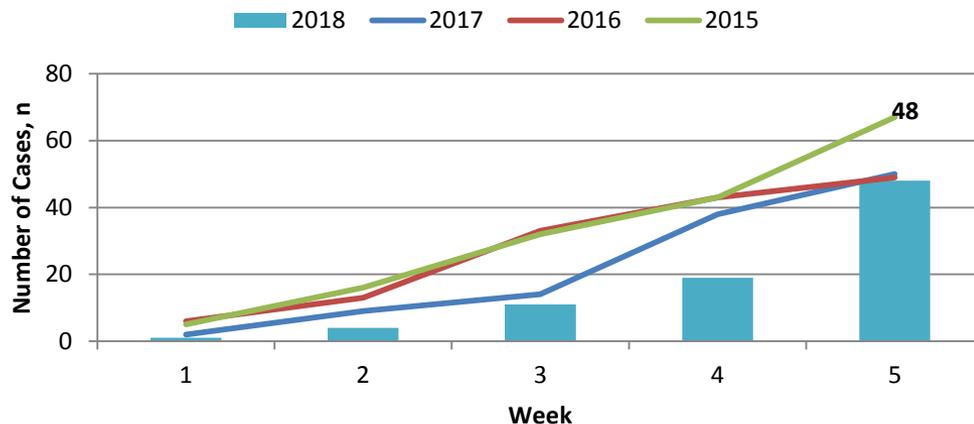


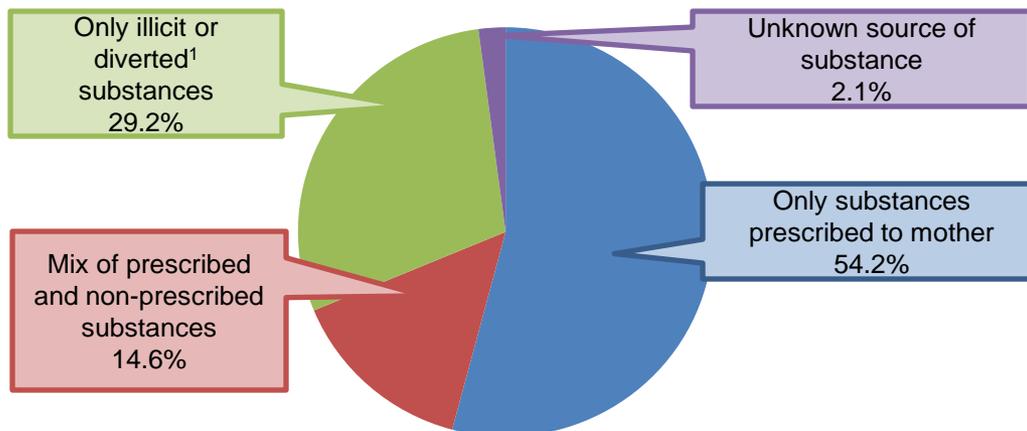
Neonatal Abstinence Syndrome Surveillance

January Update (Data through 02/03/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **48 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**68.8%**), 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 – Tennessee has joined the American College of Obstetricians and Gynecologists’ (ACOG) first national multi-state collaborative to develop strategies for scalable programs to provide care and treatment for maternal opioid use disorder, which has become the leading cause of maternal mortality in many states across the country. One goal is to expand treatment options for mothers through systems approaches that can be adopted nationwide through a holistic approach. The collaborative will use the [Obstetric Care of Women With Opioid Use Disorder](#) that provides an outline of evidence-based practices for prenatal, intrapartum and postpartum care. For more information on the collaborative and other national efforts by ACOG, visit this [link](#).

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	32	66.7
Legal prescription of an opioid pain reliever	1	2.1
Legal prescription of a non-opioid	0	0
Prescription opioid obtained without a prescription	10	20.8
Non-opioid prescription substance obtained without a prescription	4	8.3
Heroin	2	4.2
Other non-prescription substance	10	20.8
No known exposure	1	2.1
Other	2	4.2

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	0	0
East	3	4.9
Hamilton	1	2.9
Jackson/Madison	0	0
Knox	3	7.2
Mid-Cumberland	6	4.7
North East	13	48.9
Shelby	2	1.7
South Central	3	7.1
South East	3	9.8
Sullivan	2	18.0
Upper Cumberland	8	28.6
West	4	8.4
Total	48	7.3

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

- Learn more about [health care providers responsibilities](#) to protect society from substance abuse; prevent drug diversion; recognize drug impaired co-workers who can put patients at risk; and what you can do to help.
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Learn why [buying drugs online can be illegal](#).
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

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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