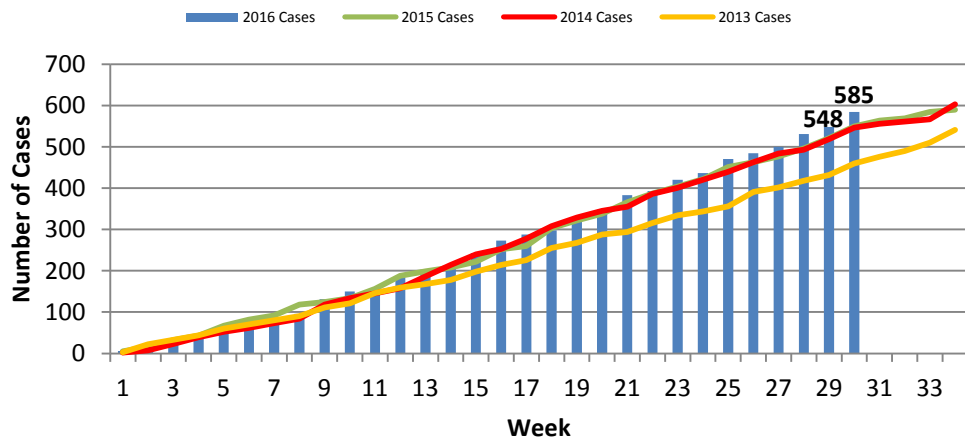


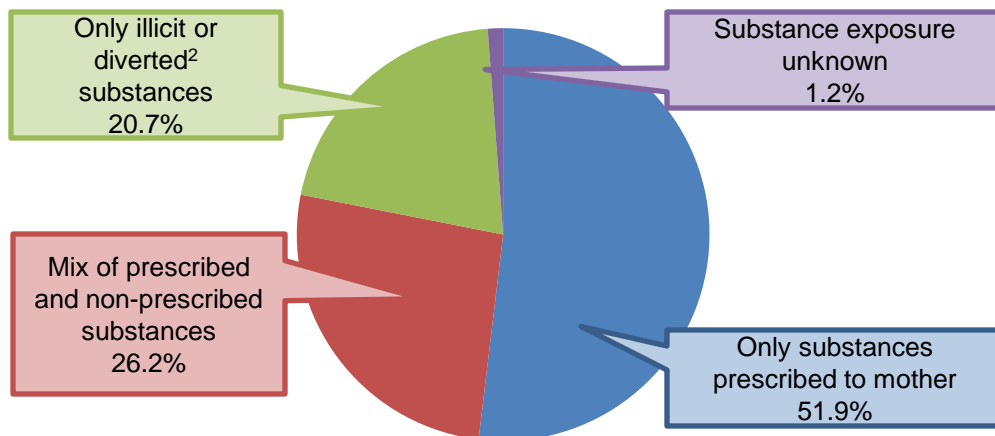
# Neonatal Abstinence Syndrome Surveillance

## July Update (Data through 07/30/2016)

### Cumulative Cases NAS Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **585 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**78.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

### NAS Prevention Highlight

The [Prevention Alliance of Tennessee](#) (PAT) is an alliance of coalitions across Tennessee who work together to prevent substance abuse. PAT members work to inform and educate, coordinate, and leverage resources to reduce substance abuse. By strengthening capacity to implement local environmental change, PAT is improving the health of Tennesseans. One example is creating white papers to educate the public about priority topics such as [pregnancy and drug use](#).

If you would like information regarding PAT's efforts, visit the [website](#) or contact Leah Festa at [leah@tncoalitions.org](mailto:leah@tncoalitions.org).

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	393	67.2
Legal prescription of an opioid pain reliever	68	11.6
Legal prescription of a non-opioid	41	7.0
Prescription opioid obtained without a prescription	159	27.2
Non-opioid prescription substance obtained without a prescription	66	11.3
Heroin	16	2.7
Other non-prescription substance	94	16.1
No known exposure	7	1.2
Other <sup>4</sup>	36	6.2

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	42	7.1
East	128	28.7
Hamilton	6	2.5
Jackson/Madison	2	2.9
Knox	52	16.8
Mid-Cumberland	66	7.4
North East	104	54.0
Shelby	1	0.1
South Central	30	11.3
South East	20	9.9
Sullivan	46	52.6
Upper Cumberland	67	29.8
West	21	6.0
<b>Total</b>	<b>585</b>	<b>12.6</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- Taking opioids early in pregnancy can cause birth defects and serious problems for infants and mothers.
- Many women taking opioids may not know they are pregnant and unknowingly expose their unborn child.
- Use prescription medications only as directed by a healthcare provider; talk to your provider about pregnancy prevention if you are taking opiates for pain.

#### Health Care Providers

- Understand and implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting. Learn about SBIRT codes and reimbursement [here](#).
- Always ask about pregnancy intention when writing opiate prescriptions for women of childbearing age.

#### Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Ask your physician about [Naloxone](#) as a tool to reduce overdose death prevention.
- Visit the Department of Health [Lay Naloxone Training Administration 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.

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