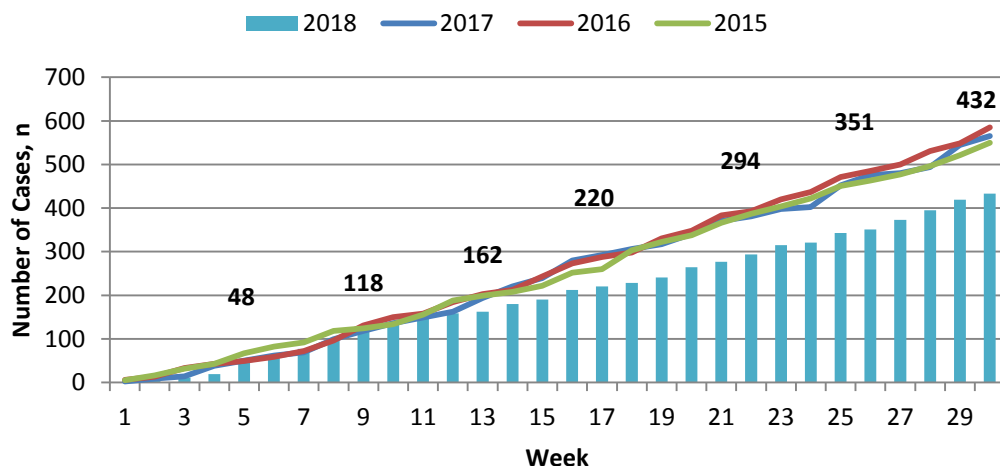


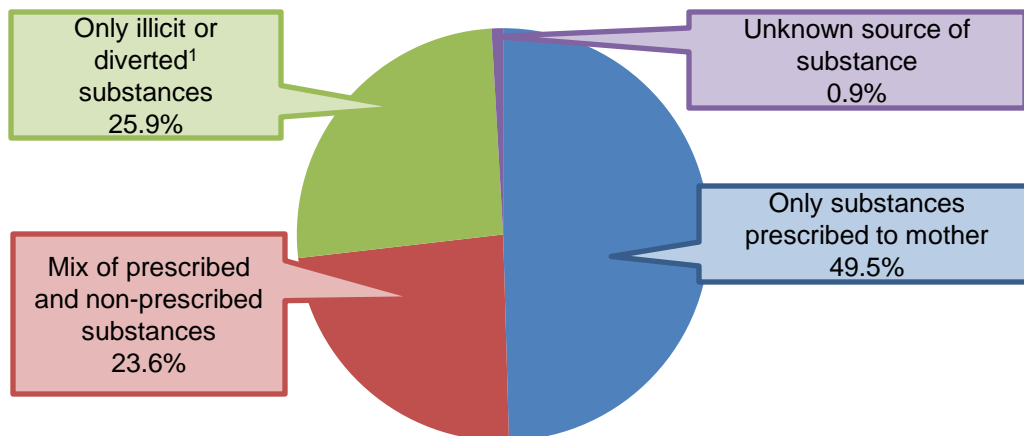
Neonatal Abstinence Syndrome Surveillance

July Update (Data through 07/28/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **432 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**73.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – Vanderbilt University Medical Center has developed an app to help educate medical providers on the proper use of opioids. The app, called “Quiz Time”, sends daily questions to clinicians via text or email. In response, they submit their answers and receive immediate feedback. The initiative is funded through the Centers for Disease Control and Prevention’s Opioid Prevention in States – Surge Support, a one-year project designed to advance understanding of the opioid overdose epidemic and scale up prevention activities across all 50 states. Over 3,000 learners have used the app answering over 37,000 questions. For more information about how Quiz time works, watch this short [video](#) or visit the link at <https://quiztime.app.vumc.org>

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	290	67.1
Legal prescription of an opioid pain reliever	29	6.7
Legal prescription of a non-opioid	30	6.9
Prescription opioid obtained without a prescription	144	33.3
Non-opioid prescription substance obtained without a prescription	53	12.3
Heroin	23	5.3
Other non-prescription substance	96	22.2
No known exposure	2	0.5
Other	7	1.6

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	20	3.5
East	102	23.4
Hamilton	12	5.1
Jackson/Madison	2	2.8
Knox	37	12.6
Mid-Cumberland	45	5.0
North East	74	40.1
Shelby	21	2.8
South Central	17	6.3
South East	11	5.3
Sullivan	25	28.0
Upper Cumberland	54	24.3
West	12	3.8
Total	432	9.5

NAS Prevention Opportunities

Women of Childbearing Age

- Visit Narcotics Anonymous to [find recovery meetings](#).
- Discuss risks of medications with your healthcare provider before you become pregnant.
- Learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Educate patients about Tennessee REDLINE at 800-889-9789.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

Everyone

- Store all medications in a secure place.
- Never use medications prescribed for someone else.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.
- Ask your physician about [Naloxone](#) to reduce overdose death risks for those addicted to opioids.
- Never use medications prescribed for someone else.

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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