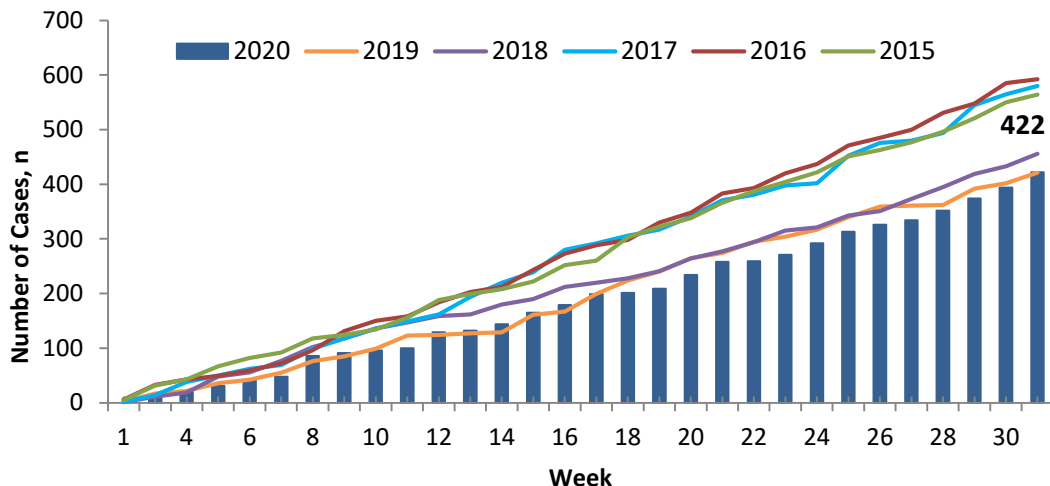


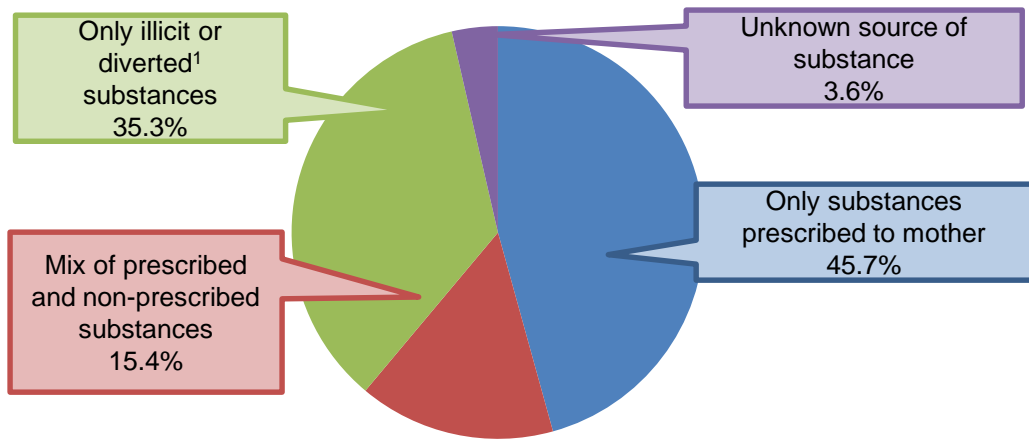
Neonatal Abstinence Syndrome Surveillance

July 2020 Update (Data through 08/01/2020)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **422 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through August 01, 2020.
- In the majority of NAS cases (**61.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, and Sullivan County.

NAS Prevention Highlight – The Tennessee Department of Mental Health and Substance Abuse Services makes treatment for pregnant women abusing substances available. Those individuals who are pregnant, intravenous drug users, abusing substances, and in medically-monitored withdrawal management may be eligible for prevention, treatment, and recovery support services and activities. Services target adolescents and adults in need of treatment and/or recovery support services including detoxification, outpatient treatment and HIV outreach. Services are evidence-based and culturally competent and eligibility is based on the federal poverty guidelines. For more information, contact Linda McCorkle, Director of Treatment and Recovery Support Services, Department of Mental Health and Substance Abuse Services at 615-285-4335 or via email at Linda.Mccorkle@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	246	58.29
Legal prescription of an opioid pain reliever	12	2.84
Legal prescription of a non-opioid	18	4.27
Prescription opioid obtained without a prescription	102	24.17
Non-opioid prescription substance obtained without a prescription	47	11.14
Heroin	33	7.82
Other non-prescription substance	108	25.59
No known exposure	0	0
Other ⁴	18	4.27

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	33	5.8
East	79	17.5
Hamilton	14	5.7
Jackson/Madison	2	1.9
Knox	29	11.3
Mid-Cumberland	37	4
North East	65	36.8
Shelby	42	5.8
South Central	37	13.2
South East	6	2.9
Sullivan	50	59.6
Upper Cumberland	20	8.9
West	8	2.6
Total	422	8.0

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](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- 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.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee.

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>

For questions or additional information, contact Alice Nyakeriga at alice.nyakeriga@tn.gov