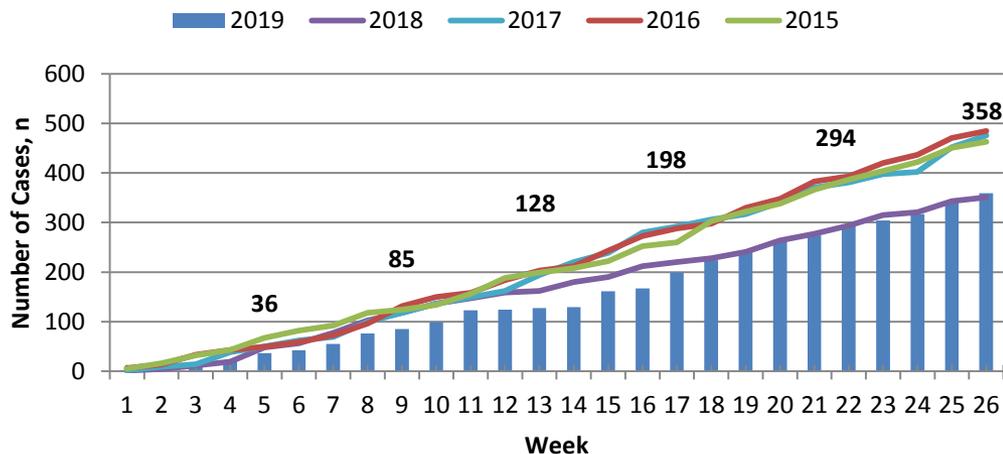


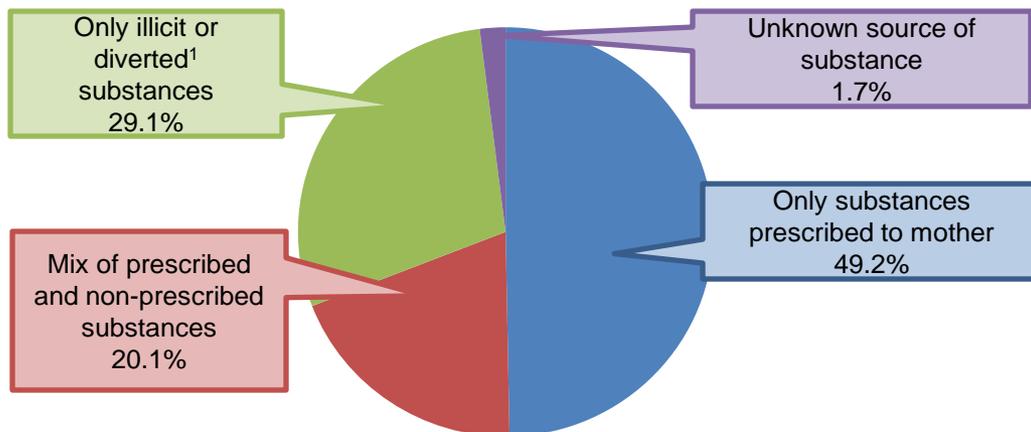
Neonatal Abstinence Syndrome Surveillance

June 2019 Update (Data through 06/29/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **358 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**69.3%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – Taking opioids during pregnancy can cause birth defects. Many adolescents taking opioids may not know they are pregnant and may unknowingly expose their unborn child. The Tennessee Department of Mental Health & Substance Abuse Services (TMHSAS) offers assistance to adolescents through the [Adolescent Substance Use Disorder Services Program](#). This treatment is available for adolescents 13-18 years of age who have a primary or secondary alcohol or other drug abuse or dependency diagnosis or co-occurring substance use and psychiatric diagnosis. Outpatient and residential services are provided as well as education. A listing of service providers who contract with TMHSAS can be found [here](#). If you have questions, contact Jackie Talley at jackie.talley@tn.gov or at 615-741-8518.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	227	63.4
Legal prescription of an opioid pain reliever	24	6.7
Legal prescription of a non-opioid	23	6.4
Prescription opioid obtained without a prescription	98	27.4
Non-opioid prescription substance obtained without a prescription	44	12.3
Heroin	24	6.7
Other non-prescription substance	77	21.5
No known exposure	2	0.6
Other	9	2.5

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	3	1.0
East	68	17.8
Hamilton	8	4.0
Jackson/Madison	0	0
Knox	30	11.9
Mid-Cumberland	43	5.5
North East	53	33.2
Shelby	27	4.2
South Central	26	11.0
South East	13	7.3
Sullivan	32	46.2
Upper Cumberland	40	21.5
West	13	5.0
Total	358	9.2

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>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov