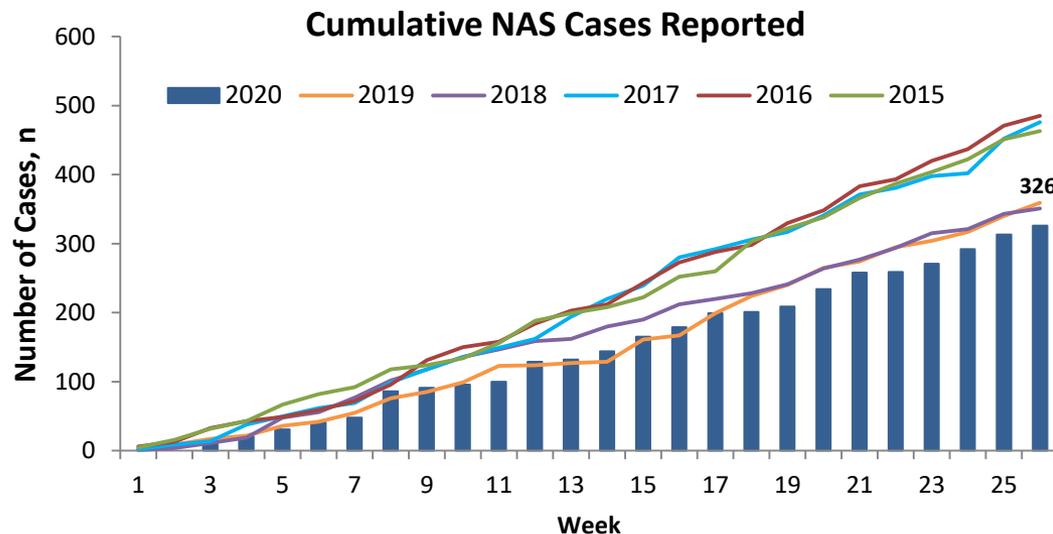
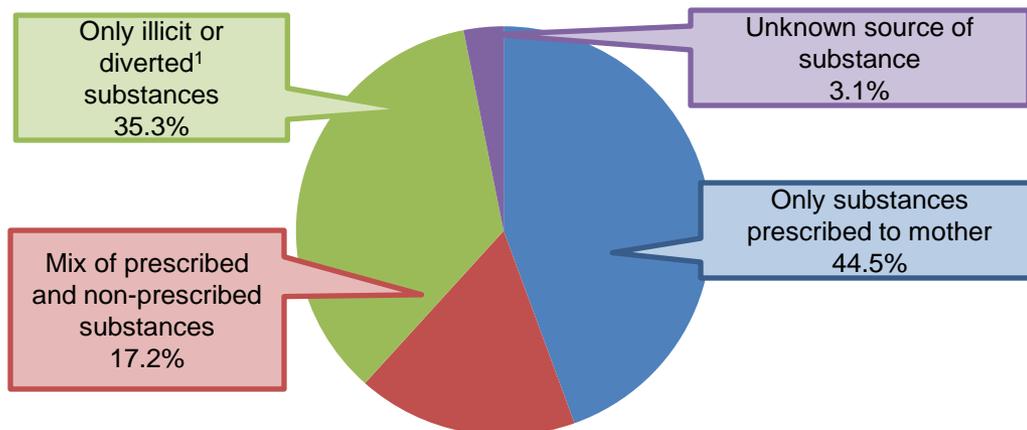


# Neonatal Abstinence Syndrome Surveillance

## June 2020 Update (Data through 06/27/2020)



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **326 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through June 27, 2020.
- In the majority of NAS cases (**61.7%**), 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** – Tennessee Safe Baby Courts is a partnership between the executive, legislative, and judicial branches of government. The Safe Baby Court works to protect the youngest children caught in the judicial system by helping them find safe, permanent homes as quickly as possible. But the program doesn't focus on children alone, it also provides support for parents struggling with addiction and other chronic problems. The personal attention and oversight families receive in Safe Baby Court helps accelerate reunification. Children are getting home to their families more quickly than with traditional court. There are currently seven safe baby courts that focus on children ages birth to four in Coffee, Davidson, Grundy, Johnson, Knox, Madison and Stewart Counties. For more information, visit <https://tnsafebabycourts.org/>

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	191	58.59
Legal prescription of an opioid pain reliever	9	2.76
Legal prescription of a non-opioid	14	4.29
Prescription opioid obtained without a prescription	80	24.54
Non-opioid prescription substance obtained without a prescription	39	11.96
Heroin	27	8.28
Other non-prescription substance	91	27.91
No known exposure	0	0
Other <sup>4</sup>	13	3.99

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	27	5.7
East	64	16.8
Hamilton	12	5.8
Jackson/Madison	2	3.2
Knox	20	8.1
Mid-Cumberland	29	3.7
North East	52	35.0
Shelby	30	4.9
South Central	24	10.1
South East	6	3.5
Sullivan	38	54.3
Upper Cumberland	15	7.9
West	7	2.7
<b>Total</b>	<b>326</b>	<b>8.5</b>

## 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>

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