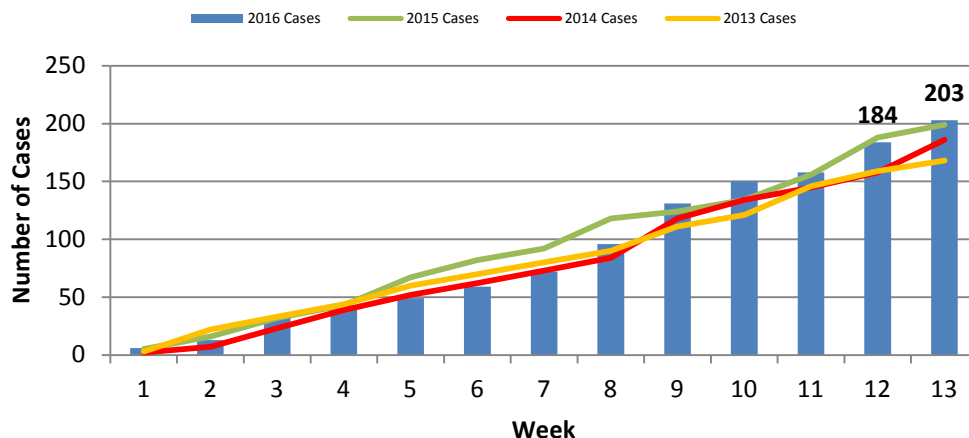


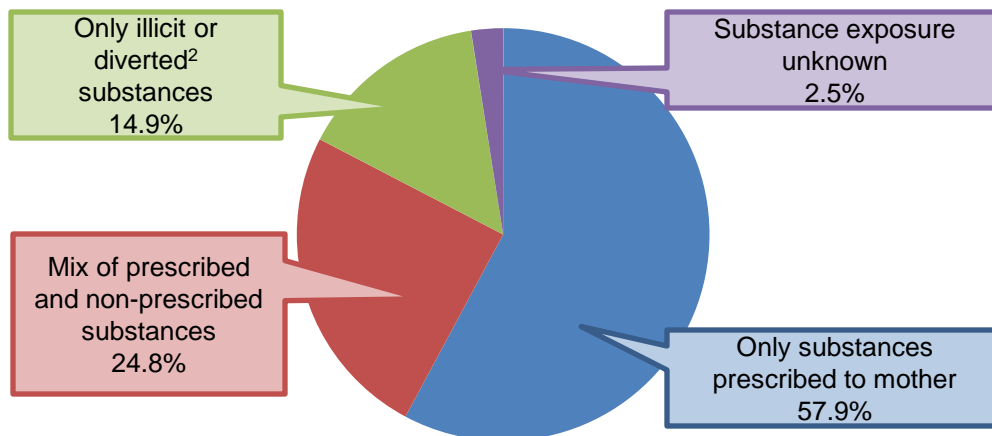
Neonatal Abstinence Syndrome Surveillance

March Update (Data through 04/02/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **203 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**82.7%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in **Sullivan County** and the **Northeast** region.

NAS Prevention Highlight

On March 28-31, Operation UNITE hosted the [5th Annual National Rx Drug Abuse & Heroin Summit in Atlanta, Georgia](#). A panel of Tennessee NAS prevention experts including [Dr. Michael Warren, MD, MPH FAAP](#), presented information about our state's efforts to prevent NAS, highlighting how NAS surveillance efforts can inform primary prevention projects. Also, [President Barack Obama hosted a panel discussion](#) and announced several initiatives aimed at combating drug use, including efforts to address parity in treatment; to provide naloxone to prevent opioid overdose death; to improve local partnerships between law enforcement and public health; and to support Anti-Heroin Task Force programs. For information about Operation UNITE click [here](#).

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	149	73.4
Legal prescription of an opioid pain reliever	18	8.9
Legal prescription of a non-opioid	12	5.9
Prescription opioid obtained without a prescription	45	22.2
Non-opioid prescription substance obtained without a prescription	19	9.4
Heroin	3	1.5
Other non-prescription substance	22	10.8
No known exposure	5	2.5
Other	13	6.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	16	6.5
East	43	22.2
Hamilton	2	2.0
Jackson/Madison	0	0.0
Knox	19	14.8
Mid-Cumberland	20	5.3
North East	37	46.0
Shelby	0	0.0
South Central	7	6.0
South East	2	2.3
Sullivan	21	56.0
Upper Cumberland	26	28.4
West	10	6.9
Total	203	10.4

NAS Prevention Opportunities

Women of Childbearing Age

- Use prescription medications only as directed by a healthcare provider.
- Dispose of medications [properly](#).
- Prevent unintended pregnancy through the use of [effective birth control methods](#).

Health Care Providers

- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.
- Discuss pain treatment options, including options that do not include prescription pain medications.
- Talk with patients about the risks and benefits of prescription pain medications.
- For more information about what states can do, read the [ASTHO report](#) about neonatal abstinence syndrome.

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.

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.

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