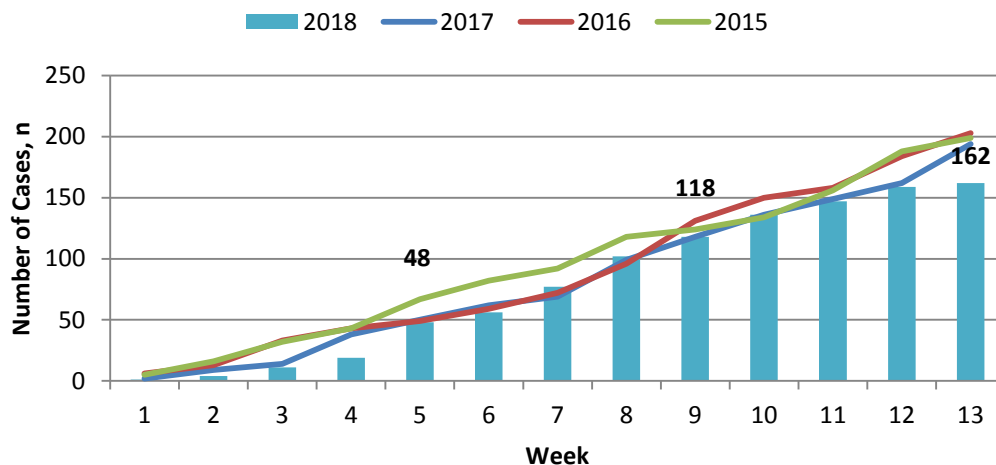


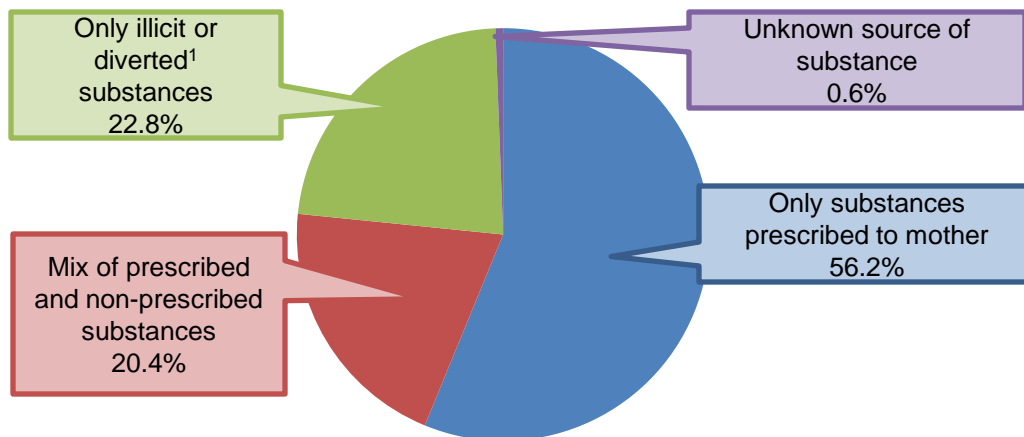
Neonatal Abstinence Syndrome Surveillance

March Update (Data through 03/31/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **162 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**76.6%**), 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 – The TN Together program is a multi-faceted program designed to attack the state’s opioid epidemic, recognized the work of multiple agencies, and aggressively and comprehensively address the issue through prevention, treatment and law enforcement. In 2016, 1,186 opioid overdose deaths occurred in Tennessee.

The TN Together program seeks to prevent opioid misuse through a variety of means, but specifically addresses neonatal abstinence syndrome prevention by identifying women of childbearing age who are chronic users of opioids and providing targeted outreach about risks, contraception, and treatment in order to aid in the prevention of NAS births. For more information, visit the TN Together [web page](#).

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	112	69.1
Legal prescription of an opioid pain reliever	13	8.0
Legal prescription of a non-opioid	8	4.9
Prescription opioid obtained without a prescription	42	25.9
Non-opioid prescription substance obtained without a prescription	14	8.6
Heroin	8	4.9
Other non-prescription substance	33	20.4
No known exposure	1	0.6
Other	2	1.2

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	5	2.0
East	29	15.7
Hamilton	7	7.1
Jackson/Madison	1	3.4
Knox	15	12.0
Mid-Cumberland	14	3.7
North East	33	43.2
Shelby	6	1.9
South Central	10	8.6
South East	8	9.2
Sullivan	10	26.9
Upper Cumberland	17	18.7
West	7	5.0
Total	162	8.4

NAS Prevention Opportunities

Women of Childbearing Age

- Discuss pain treatment options, including options that do not include prescription pain medications
- Use prescription medications only as directed by a healthcare provider.
- Store all medications in a secure place.
- Never use medications prescribed for someone else.

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

- Ask your physician about [Naloxone](#) as a tool to reduce overdose death prevention.
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.

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