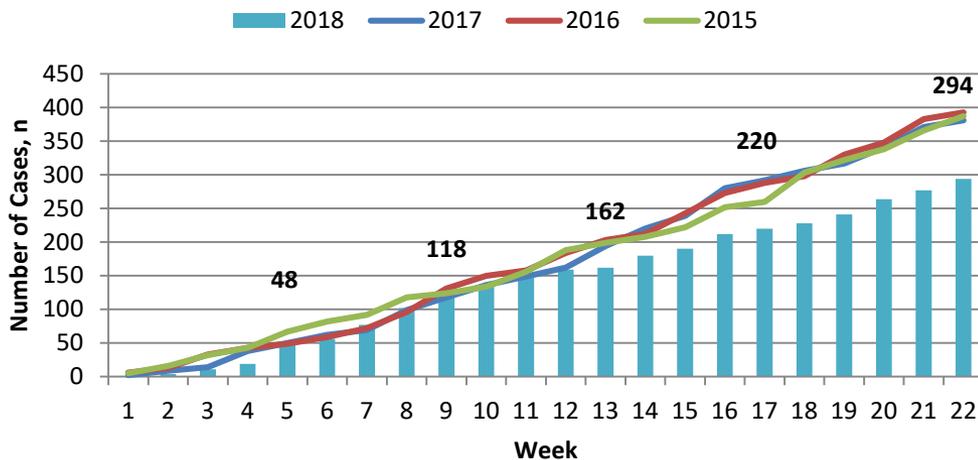


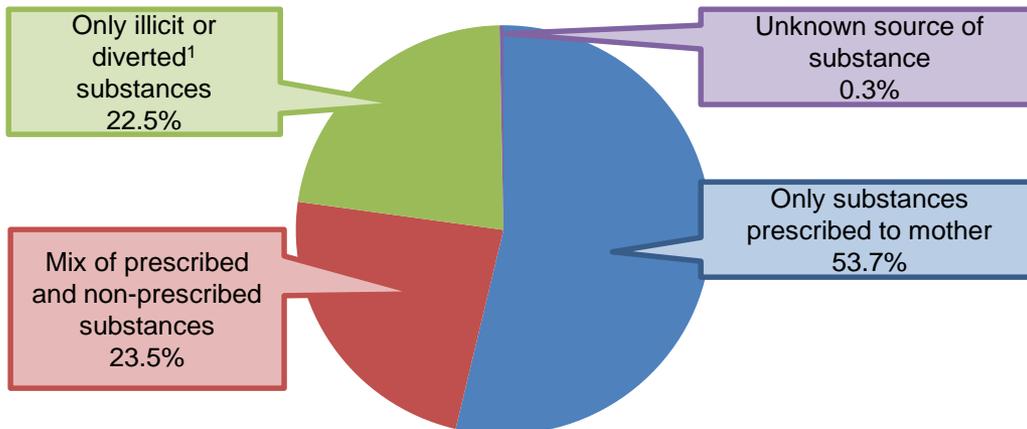
# Neonatal Abstinence Syndrome Surveillance

## May Update (Data through 06/02/2018)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **294 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018.
- In the majority of NAS cases (**77.2%**), 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 Region, Upper Cumberland Region, and Sullivan County.

**NAS Prevention Highlight – Count It! Drop It Lock It!® (CLD)**, a comprehensive community plan for prescription drug abuse prevention, has made great strides in helping communities create safe and drug-free environments. In partnership with the Tennessee Department of Health's Opioid Response Team and BlueCross BlueShield of Tennessee, CLD has expanded the number of participating counties from 60 to 87, representing a 45% increase since October 2017. A partnership between CLD, Tennessee Department of Health, Tennessee Department of Environment and Conservation (TDEC), and other stakeholders helped expand outreach and education to reduce prescription drug abuse and the number of opioids diverted for abuse. For more information about Count It! Lock It! Drop It!, visit <http://countitlockitdropit.org/>

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>2</sup>	% Cases
Medication assisted treatment	209	71.1
Legal prescription of an opioid pain reliever	20	6.8
Legal prescription of a non-opioid	24	8.2
Prescription opioid obtained without a prescription	87	29.6
Non-opioid prescription substance obtained without a prescription	38	12.9
Heroin	18	6.1
Other non-prescription substance	61	20.8
No known exposure	1	0.3
Other	6	2.0

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	11	2.7
East	63	20.8
Hamilton	8	4.9
Jackson/Madison	1	2.1
Knox	28	13.5
Mid-Cumberland	29	4.6
North East	54	41.6
Shelby	14	2.7
South Central	12	6.3
South East	9	6.2
Sullivan	22	34.6
Upper Cumberland	33	21.3
West	10	4.5
<b>Total</b>	<b>294</b>	<b>9.2</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Taking opioids in pregnancy can cause birth defects and serious problems for infants and mothers.
- Women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks and benefits of any medications you are taking with your healthcare provider before you become pregnant and while you are pregnant.

### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment in your practice setting. Learn about [SBIRT-Tennessee](#) or contact [Tayrn Harrison Sloss](#), Assistant Commissioner, Division of Substance Abuse Services, TDMHSAS for more information.

### Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Ask your healthcare provider about Naloxone, a medication that may improve the chances of surviving an overdose.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

### 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](mailto:angela.m.miller@tn.gov)