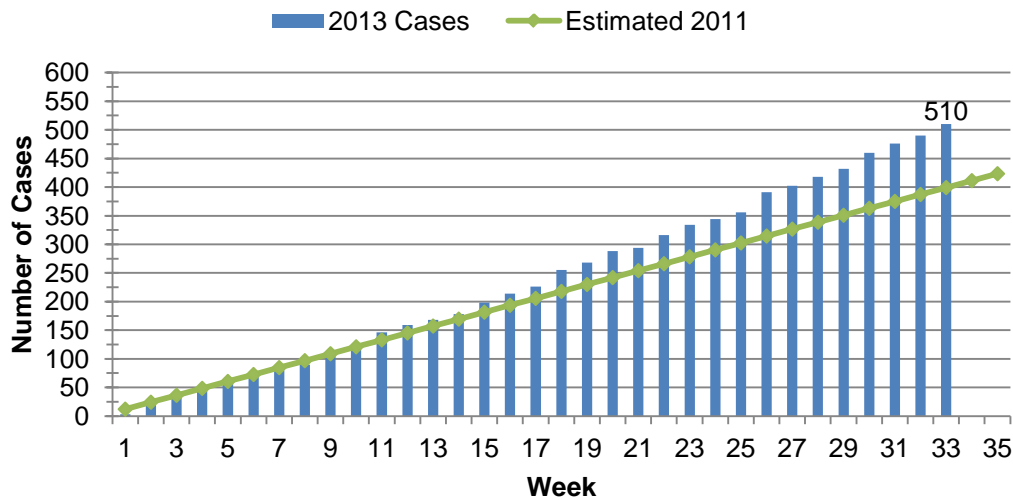


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

August 2013 Update



Cumulative Cases NAS Reported



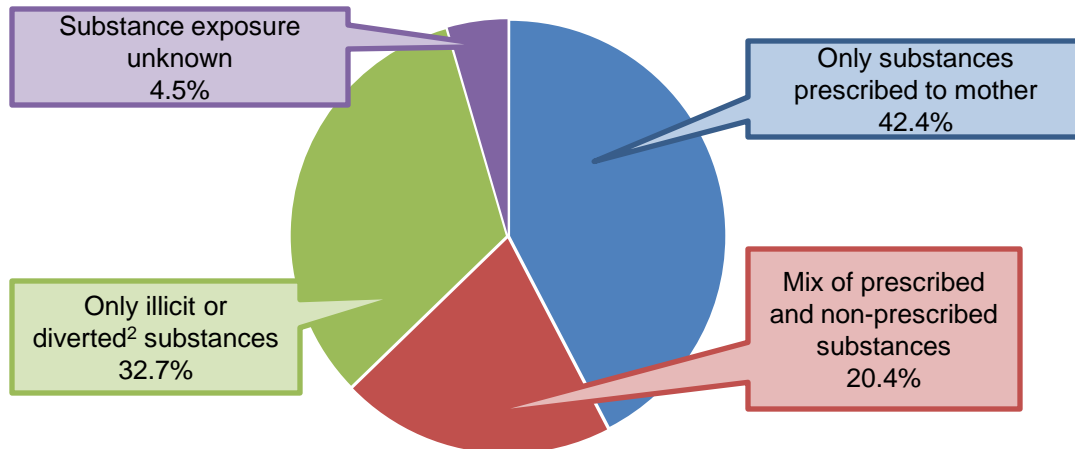
Quick Facts: NAS in Tennessee

- **510 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2013
- At the current rate, we are on track to **exceed 800 cases by the end of 2013**—a 28% increase from 2011
- In the majority of NAS cases (**62.8%**), at least one of the substances causing NAS was **prescribed by a health care provider**

NAS Prevention Highlight

The [Mothers and Infants Sober Together \(M.I.S.T.\)](#) project has been launched in Campbell County. M.I.S.T. services are being made available to mothers-to-be in Campbell County through a two-year, \$290,000 grant from the BlueCross BlueShield of Tennessee Health Foundation. Ridgeview partners with Dayspring Family Health Center, Jellico Community Hospital and BlueCare Tennessee to work with mothers who demonstrate a desire and commitment to staying drug free and providing a safe and stable home for their babies.

Maternal Source of Exposure



Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	224	43.9%
Supervised pain therapy	110	21.6%
Therapy for psychiatric or neurological condition	42	8.2%
Prescription substance obtained WITHOUT a prescription	198	38.8%
Non-prescription substance	142	27.8%
No known exposure but clinical signs consistent with NAS	10	2.0%
No response	13	2.5%

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	% Cases
Davidson	24	5.2%
East	133	25.0%
Hamilton	9	2.0%
Jackson/Madison	1	0.3%
Knox	59	11.9%
Mid-Cumberland	35	6.4%
North East	73	15.4%
Shelby	11	1.7%
South Central	19	3.8%
South East	7	1.7%
Sullivan	54	10.8%
Upper Cumberland	67	11.9%
West	18	3.8%
Total	510	100%

NAS Prevention Opportunities

Women of Childbearing Age

- Talk to your healthcare provider about all the substances (prescribed or non-prescribed) that you may be taking
- Let your provider know your wishes about having children and talk to them about the best way to prevent an unintended pregnancy. Focus on becoming healthy and sober before you ever become pregnant.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment in your practice setting. Learn more at: <http://www.samhsa.gov/prevention/sbirt/>
- Ask every woman of childbearing age about substance use.
- Register for and use the Tennessee Controlled Substance Monitoring Database. Log on at: <https://www.tncsmd.com/Login.aspx>

Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: <http://www.tn.gov/environment/osp/gi/unwantedrx/>

Notes

1. Individual weekly summary reports are archived at: http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml
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. Michael Warren at michael.d.warren@tn.gov.