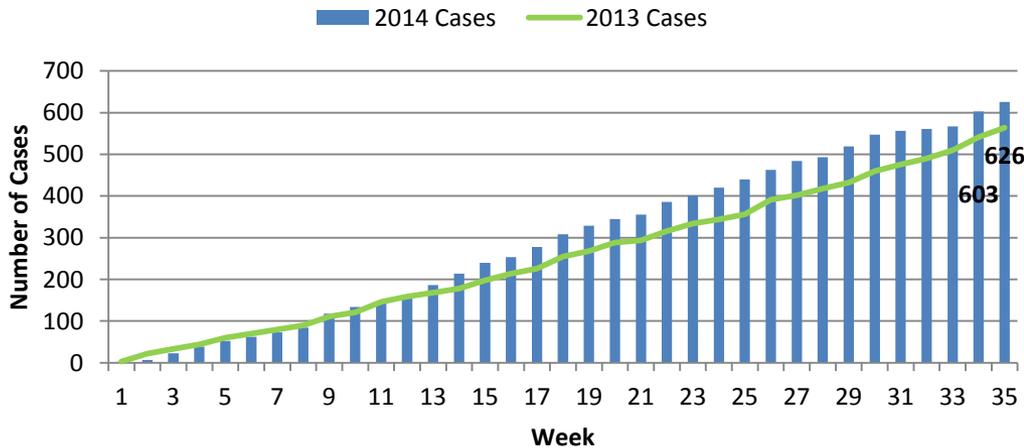


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

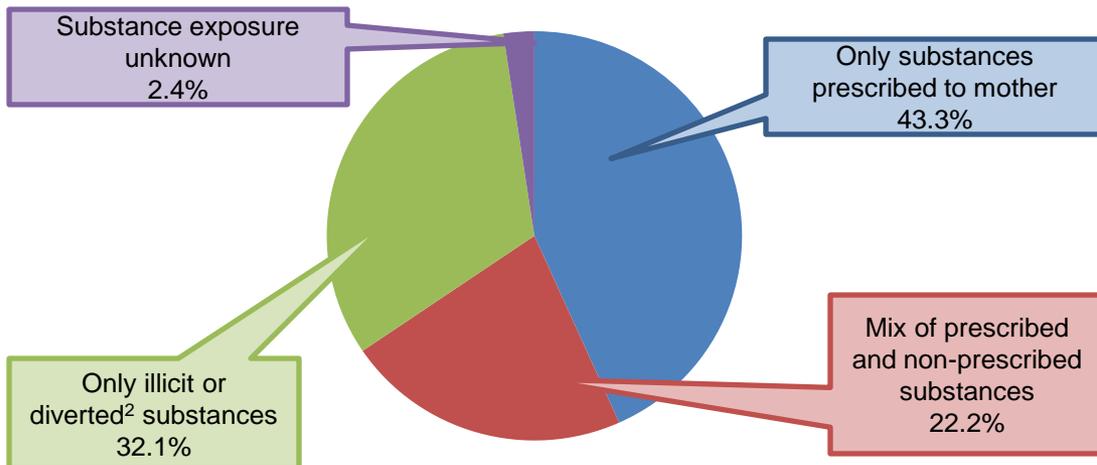
August Update (Data through 08/30/2014)



Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **626 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014
- In the majority of NAS cases (**65.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2014 have occurred in Sullivan County and the East, Northeast, and Upper Cumberland Regions.

NAS Prevention Highlight

While primary prevention of NAS (preventing NAS from ever occurring) is a key strategy for addressing this epidemic in Tennessee, appropriate secondary and tertiary prevention strategies are also important. The Blue Cross Blue Shield of Tennessee Health Foundation awarded a \$1 million grant to East Tennessee Children's Hospital (ETCH) in Knoxville to build a new treatment unit for drug-dependent babies. The unit will be designed specifically to accommodate the needs of babies with neonatal abstinence syndrome, and will include low-light spaces and better monitoring. ETCH previously converted a section of inpatient rooms into a special wing for babies with neonatal abstinence syndrome. Read more in [this release](#).

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	335	53.5
Supervised pain therapy	77	12.3
Therapy for psychiatric or neurological condition	41	6.6
Prescription substance obtained WITHOUT a prescription	259	41.4
Non-prescription substance	136	21.7
No known exposure but clinical signs consistent with NAS	2	0.3
No response	13	2.1

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	31	4.7
East	179	34.3
Hamilton	7	2.5
Jackson/Madison	2	2.4
Knox	70	20.4
Mid-Cumberland	58	5.9
North East	89	40.6
Shelby	27	1.9
South Central	20	6.8
South East	10	4.1
Sullivan	43	40.7
Upper Cumberland	71	28.2
West	19	4.9
Total	626	11.7

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/sbirt/about>
- 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 by [clicking here](#).

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. Angela Miller at angela.m.miller@tn.gov.