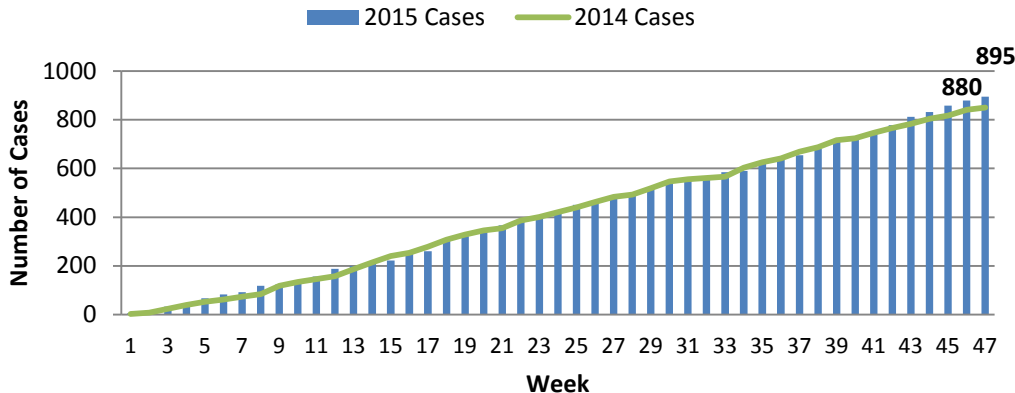


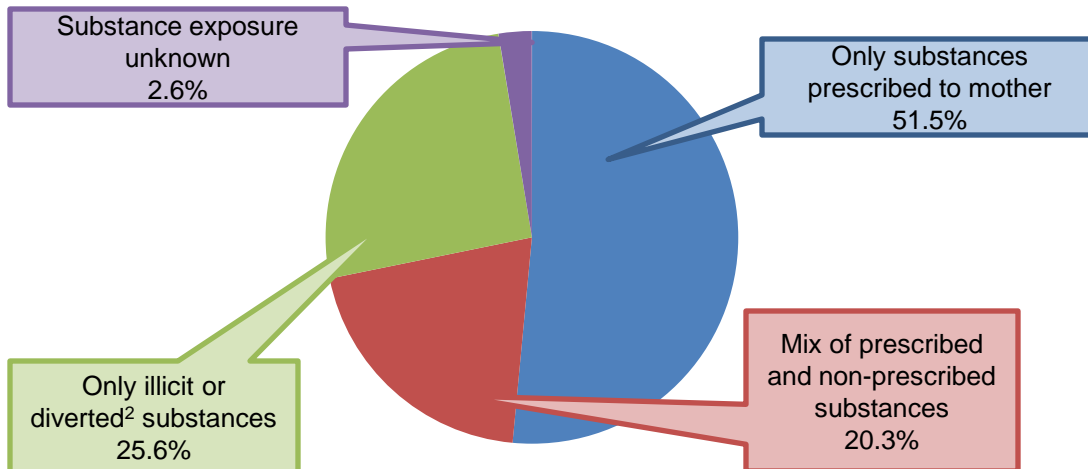
Drug Dependent Newborns (Neonatal Abstinence Syndrome)

November Update (Data through 11/28/2015)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **895 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**71.8%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2015 have occurred in Sullivan County and the Northeast region.

NAS Prevention Highlight

The Tennessee Department of Health recently sponsored a webinar titled "Neonatal Abstinence Syndrome: Tennessee's Epidemic and the State's Response". It was presented by Dr. Michael Warren, MD, MPH, FAAP, an Assistant Commissioner with the Tennessee Department of Health. The webinar provided information about the diagnosis and management of NAS, the burden of NAS in Tennessee and state level efforts to prevent NAS. Annual rates by region were shared, as well as specific sources of prenatal drug exposure by region. To view the webinar through Adobe Connect, click [here](#)

Additional Detail for Maternal Sources of Exposure

| Source of Maternal Substance (if known) ³ | # Cases ³ | % Cases |
|--|----------------------|---------|
| Supervised replacement therapy | 557 | 62.2 |
| Supervised pain therapy | 89 | 9.9 |
| Therapy for psychiatric or neurological condition | 79 | 8.8 |
| Prescription substance obtained WITHOUT a prescription | 302 | 33.7 |
| Non-prescription substance | 197 | 22.0 |
| No known exposure but clinical signs consistent with NAS | 4 | 0.5 |
| No response | 19 | 2.1 |

NAS Cases by County/Region

| Maternal County of Residence (By Health Department Region) | # Cases | Rate per 1,000 births |
|--|------------|-----------------------|
| Davidson | 45 | 4.8 |
| East | 218 | 29.7 |
| Hamilton | 20 | 5.3 |
| Jackson/Madison | 0 | 0 |
| Knox | 107 | 22.2 |
| Mid-Cumberland | 88 | 6.1 |
| North East | 143 | 45.7 |
| Shelby | 29 | 2.3 |
| South Central | 36 | 8.2 |
| South East | 31 | 9.5 |
| Sullivan | 65 | 45.2 |
| Upper Cumberland | 86 | 24.5 |
| West | 27 | 5.0 |
| Total | 895 | 12.0 |

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. Many 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.

Health Care Providers

- Understand and implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting. Learn about SBIRT codes and reimbursement [here](#).

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 if a friend or family member is addicted to opioids.

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