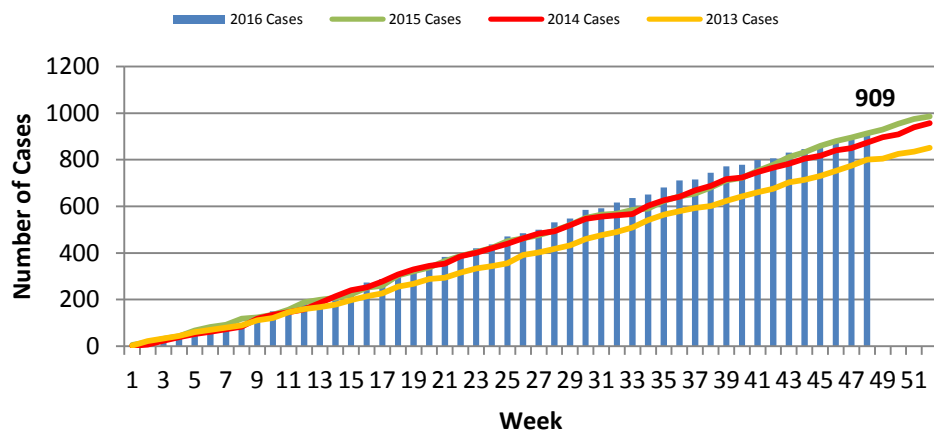


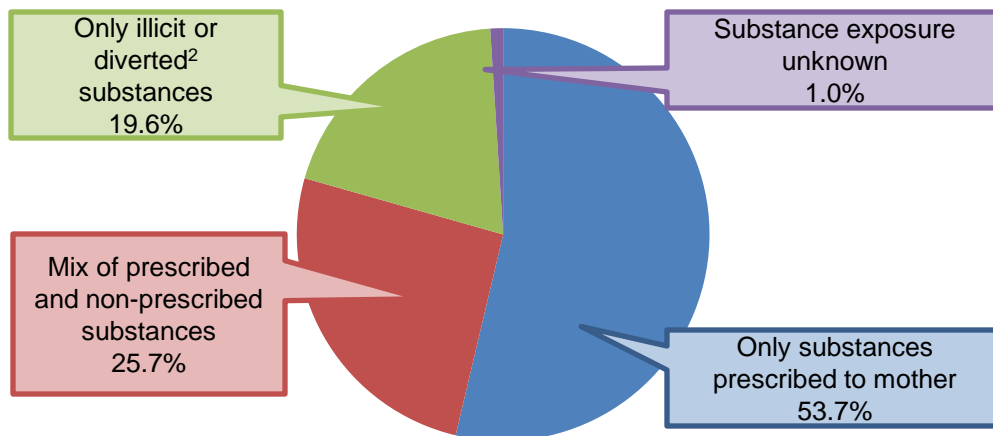
# Neonatal Abstinence Syndrome Surveillance

## November Update (Data through 12/03/2016)

### Cumulative Cases NAS Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **909 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**79.4%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

**NAS Prevention Highlight – Addressing the role of providers and pharmacists in NAS.** A 2014 East Tennessee State University study was conducted to better understand the knowledge, beliefs, and practices of licensed prescribers and pharmacists regarding chronic pain guidelines. The study found that a majority of women who deliver a baby diagnosed with NAS have legal prescriptions for opioids. Also, while the study found that providers do talk to patients about addiction; they may not address newborn addiction; administer pregnancy tests; or routinely recommend Voluntary Reversible Long Acting Contraceptives (VRLACS). Researchers found that more education at the formative and continuing education level is needed. For more information, visit this [website](#).

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	628	69.1
Legal prescription of an opioid pain reliever	94	10.3
Legal prescription of a non-opioid	70	7.7
Prescription opioid obtained without a prescription	239	26.3
Non-opioid prescription substance obtained without a prescription	103	11.2
Heroin	21	2.3
Other non-prescription substance	134	14.7
No known exposure	9	1.0
Other <sup>4</sup>	53	5.8

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	57	6.3
East	196	21.6
Hamilton	16	1.8
Jackson/Madison	3	0.3
Knox	88	9.7
Mid-Cumberland	109	12.0
North East	171	18.8
Shelby	4	0.4
South Central	44	4.8
South East	32	3.5
Sullivan	71	7.8
Upper Cumberland	85	9.4
West	33	3.6
<b>Total</b>	<b>909</b>	<b>12.2</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

#### Health Care Providers

- Learn more about [health care providers responsibilities](#) to protect society from substance abuse; prevent drug diversion; recognize drug impaired co-workers who can put patients at risk; and what you can do to help.
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

#### Everyone

- Learn why [buying drugs online can be illegal](#).
- Get help for substance abuse problems by calling 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

#### 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.

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