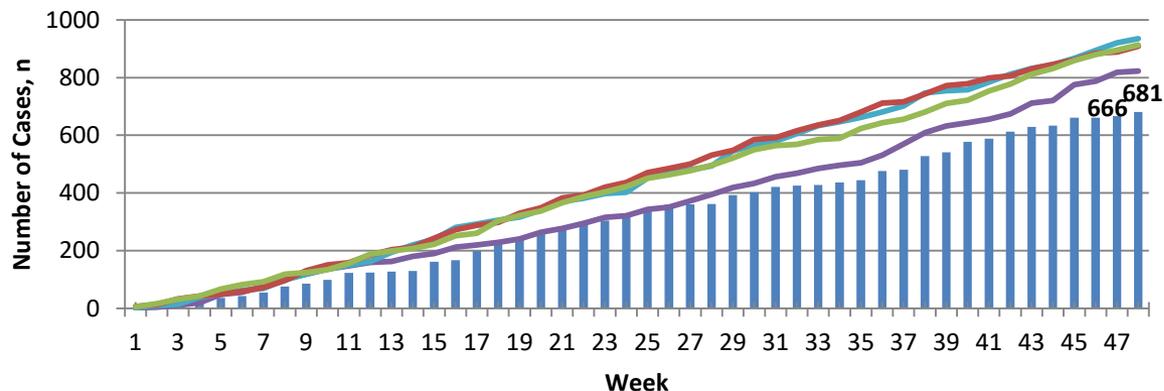


Neonatal Abstinence Syndrome Surveillance

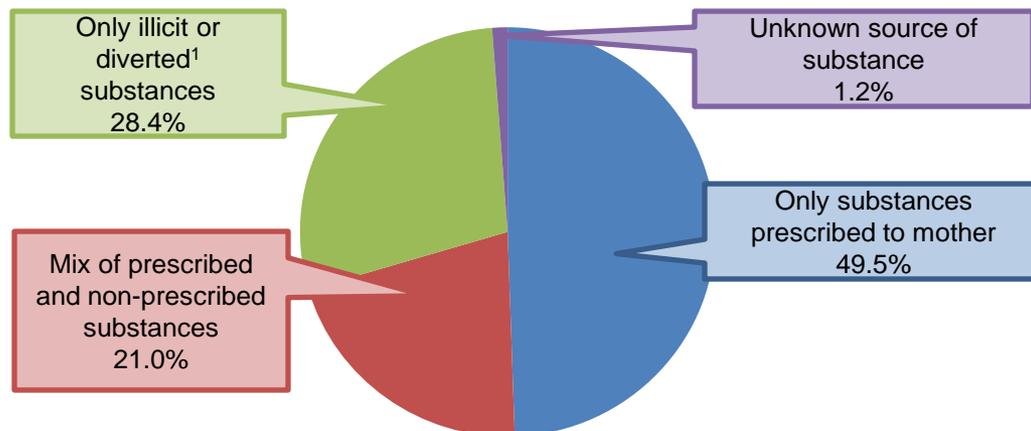
November 2019 Update (Data through 11/30/2019)

Cumulative NAS Cases Reported

2019 2018 2017 2016 2015



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **681 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**70.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2019 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight – ETSU Health OBGYN is working to reduce NAS through a program designed to reduce doses of buprenorphine to expectant mothers. Buprenorphine is the generic ingredient that helps patients cope with drug withdrawal symptoms from narcotic addiction. Additional counseling by ETSU OBGYN is provided to patients to help mothers taper doses down to two milligrams or lower. Over twenty pregnant women have come off buprenorphine completely as confirmed with negative urine drug screens and cord blood studies; the NAS rate in their babies was zero. To learn more about ETSU Health’s program, call 423-439-7272 or visit

<https://www.etsuhealthcare.com/womenservices>

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	449	65.9
Legal prescription of an opioid pain reliever	34	5.0
Legal prescription of a non-opioid	43	6.3
Prescription opioid obtained without a prescription	181	26.6
Non-opioid prescription substance obtained without a prescription	71	10.4
Heroin	53	7.8
Other non-prescription substance	151	22.2
No known exposure	3	0.4
Other	34	5.0

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	23	2.5
East	141	19.6
Hamilton	18	4.7
Jackson/Madison	0	0
Knox	63	13.4
Mid-Cumberland	70	4.7
North East	107	34.9
Shelby	43	3.6
South Central	59	13.3
South East	28	8.4
Sullivan	54	39.7
Upper Cumberland	52	14.9
West	23	4.7
Total	681	9.3

NAS Prevention Opportunities

Women of Childbearing Age

- Get help for substance abuse at 1-800-662-HELP
- 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 of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

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