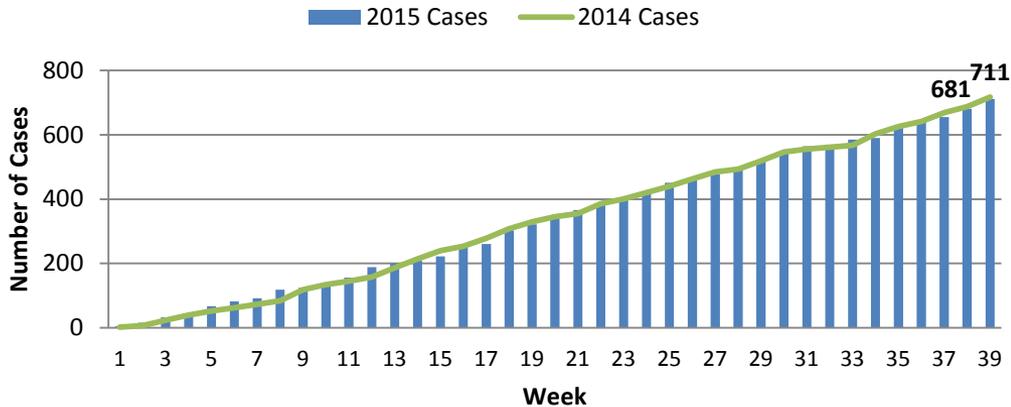


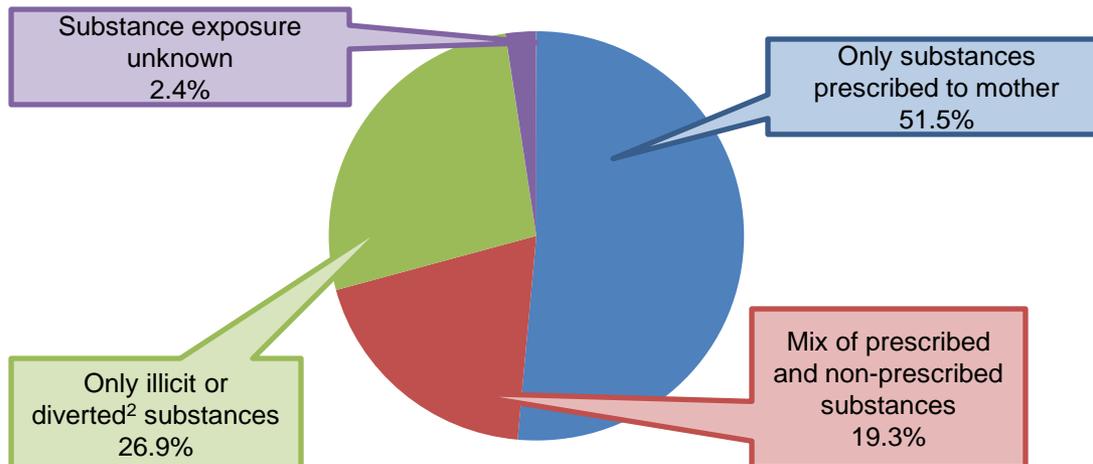
# Drug Dependent Newborns (Neonatal Abstinence Syndrome)

## September Update (Data through 10/03/2015)

### Cumulative Cases NAS Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **711 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**70.8%**), 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 [Mothers and Infants Sober Together](#) (M.I.S.T.) project at Ridgeview serves pregnant women in Anderson, Roane, Campbell, Scott, and Morgan counties to create stable, drug-free environments for infants and families. Women who test positive for substances during pregnancy or at the time of birth and/or admit to using drugs during pregnancy are eligible for services. Case managers, therapists, and a program coordinator partner with law enforcement, judges, mental health, and other providers to empower families to utilize existing resources for recovery. M.I.S.T. also provides education and prevention services to reduce the prevalence of drug abuse. For more information, email Michelle Jones at [jonesmm@ridgevw.com](mailto:jonesmm@ridgevw.com).

## Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) <sup>3</sup>	# Cases <sup>3</sup>	% Cases
Supervised replacement therapy	435	61.2
Supervised pain therapy	75	10.6
Therapy for psychiatric or neurological condition	59	8.3
Prescription substance obtained WITHOUT a prescription	244	34.3
Non-prescription substance	155	21.8
No known exposure but clinical signs consistent with NAS	4	0.6
No response	13	1.8

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	39	5.1
East	159	26.6
Hamilton	18	5.8
Jackson/Madison	0	0
Knox	92	23.6
Mid-Cumberland	67	5.7
North East	112	44.2
Shelby	22	2.2
South Central	32	8.8
South East	45	7.3
Sullivan	59	49.6
Upper Cumberland	72	25.1
West	20	4.5
<b>Total</b>	<b>711</b>	<b>11.7</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Use prescription medications only as directed by a healthcare provider.
- Get help for substance abuse problems at 1-800-889-9789 or visit the [Tennessee Department of Health Hotline](#) page for multiple health hotline numbers.

### Health Care Providers

- [Screen all pregnant women](#) for substance use and refer for appropriate treatment.
- Talk with women of childbearing age about [effective strategies](#) for preventing an unintended pregnancy.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

### Everyone

- Always “Count”, “Lock”, and “[Drop](#)” your prescription medications to prevent abuse by others.
- Ask your physician about [Naloxone](#) as a tool to reduce overdose death.
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.

### 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](mailto:angela.m.miller@tn.gov)