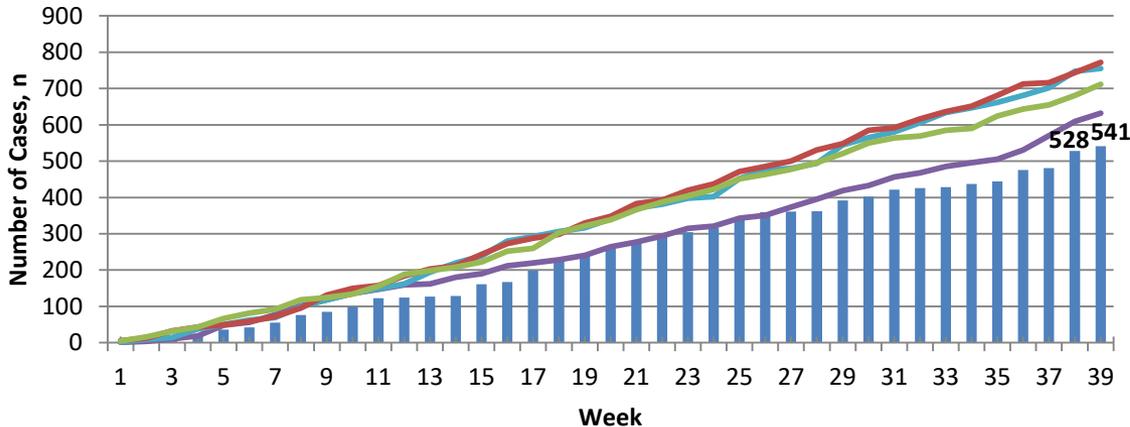


Neonatal Abstinence Syndrome Surveillance

September 2019 Update (Data through 09/28/2019)

Cumulative NAS Cases Reported

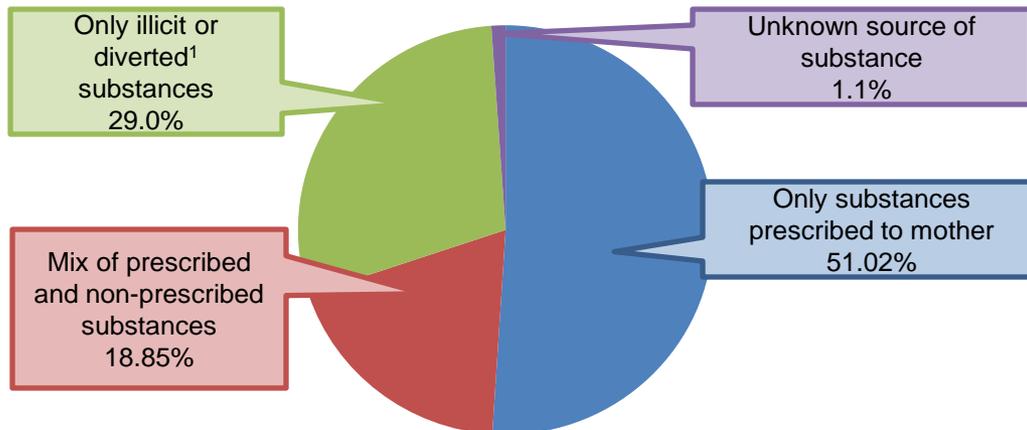
2019 2018 2017 2016 2015



Quick Facts: NAS in Tennessee

- **541 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2019
- In the majority of NAS cases (**70%**), 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.

Maternal Source of Exposure



NAS Prevention Highlight – Team HOPE is an interdisciplinary team from the Vanderbilt University Medical Center and the Monroe Carell Jr. Children’s Hospital that seeks to provide evidence-based care for opioid-exposed infants. The team is comprised of physicians, nurses, social workers, child life specialists, lactation consultants, and care providers from the Department of Pediatrics Divisions of General Pediatrics, Hospital Medicine, and Neonatology along with the Department of Obstetrics and Gynecology. Team HOPE strives to improve the care of the opioid-exposed mother-baby dyad through a multifaceted, family-centered approach. The team seeks to keep moms and babies together after birth, and move the dyad out of an intensive care setting when possible. For more information, visit the Team HOPE [website](#).

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	353	65.3
Legal prescription of an opioid pain reliever	30	5.6
Legal prescription of a non-opioid	28	5.2
Prescription opioid obtained without a prescription	144	26.6
Non-opioid prescription substance obtained without a prescription	56	10.4
Heroin	40	7.4
Other non-prescription substance	113	20.9
No known exposure	2	0.4
Other	18	3.3

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	15	2.0
East	105	18.0
Hamilton	13	4.2
Jackson/Madison	0	0
Knox	45	11.7
Mid-Cumberland	53	4.4
North East	95	37.8
Shelby	38	3.9
South Central	51	14.3
South East	23	8.4
Sullivan	40	36.4
Upper Cumberland	45	15.9
West	18	4.5
Total	541	9.0

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 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](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

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

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

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