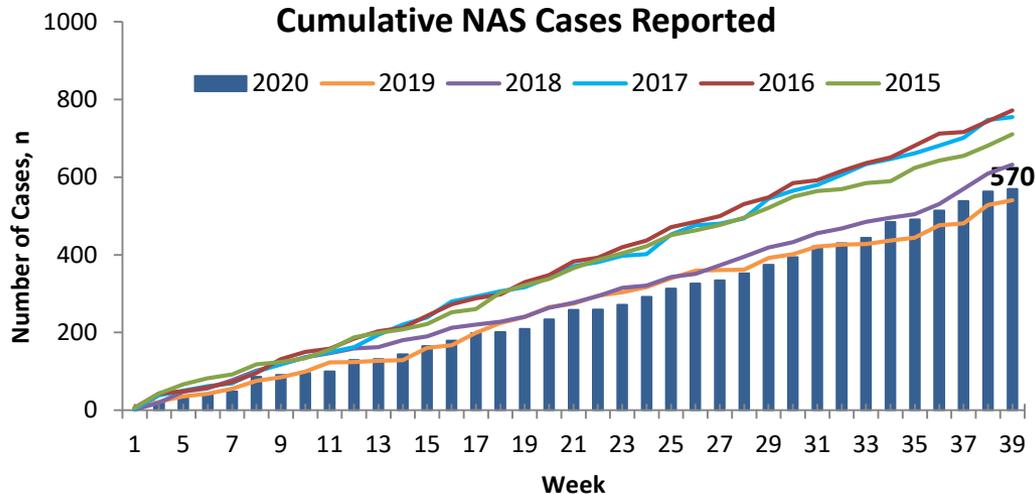


Neonatal Abstinence Syndrome Surveillance

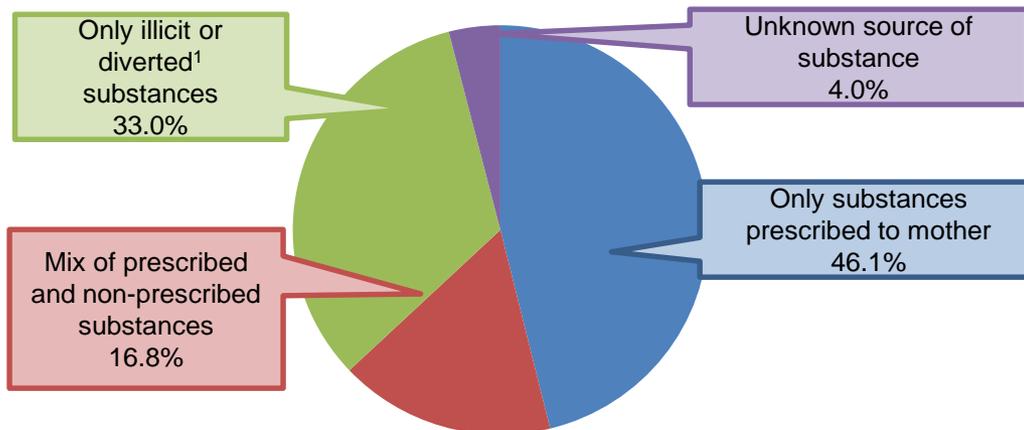
September 2020 Update (Data through 09/26/2020)



Quick Facts: NAS in Tennessee

- **570 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through September 26, 2020.
- In the majority of NAS cases (**63.0%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, Knox and Sullivan Counties.

Maternal Source of Exposure



NAS Prevention Highlight – [The National Center on Substance Abuse and Child Welfare](#) has [virtual webinars](#) available to educate professionals on a range of topics. Information is available with regards to NAS treatment, support of families affected by opioid use disorders, infants with prenatal exposure, trauma, and other topics.

The center offers free technical assistance to improve outcomes for families affected by substance use disorders and involvement with child welfare services. To learn more about technical assistance services or if you have other questions, you can email NCSACW at nscacw@cffutures.org or call toll-free at 1-866-493-2758.

NCSACW is affiliated with the [Substance Abuse and Mental Health Services Administration](#).

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	344	60.35
Legal prescription of an opioid pain reliever	13	2.28
Legal prescription of a non-opioid	26	4.56
Prescription opioid obtained without a prescription	129	22.63
Non-opioid prescription substance obtained without a prescription	62	10.88
Heroin	42	7.37
Other non-prescription substance	149	26.14
No known exposure	0	0
Other ⁴	23	4.04

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	34	4.6
East	112	19
Hamilton	20	6.3
Jackson/Madison	3	0.8
Knox	39	42
Mid-Cumberland	46	3.8
North East	87	37.4
Shelby	60	6.4
South Central	46	12.9
South East	11	4
Sullivan	71	65.9
Upper Cumberland	30	10.2
West	11	2.7
Total	570	9.6

NAS Prevention Opportunities

Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- 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.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee.

Everyone

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

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 Alice Nyakeriga at alice.nyakeriga@tn.gov