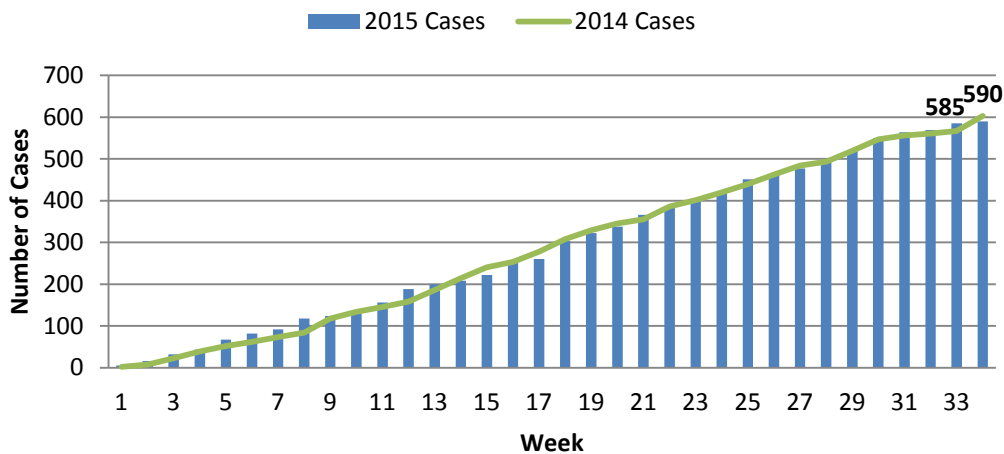


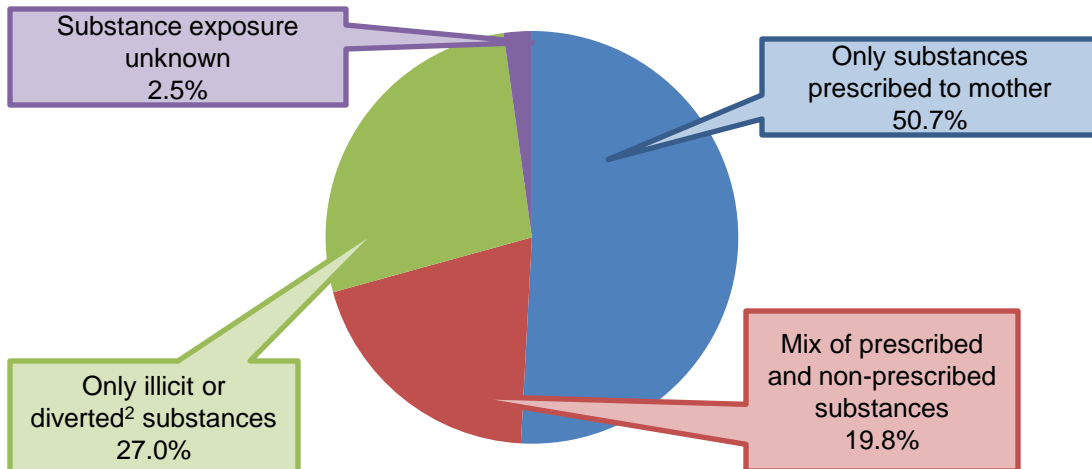
Drug Dependent Newborns (Neonatal Abstinence Syndrome)

August Update (Data through 08/29/2015)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **590 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- 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 2015 have occurred in Sullivan County and the Northeast region.

NAS Prevention Highlight

The [Preferred Prenatal Outcomes Network](#) (PPON) is a collaborative effort of physicians, healthcare providers, and other support services to deliver a comprehensive, patient-centered option for the prevention and treatment of prenatal substance abuse. It is designed to facilitate referrals and exchange of information between the OB, treatment programs, and other services, while monitoring patient progress. The goal is to foster a preferred outcome of a healthy pregnancy and delivery and reduce the number of Neonatal Abstinence Syndrome (NAS) cases in Tennessee, one baby at a time.

For more information visit the [website](#) or contact Evan Sexton at evan@renaissancerecovery.net.

Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	359	60.9
Supervised pain therapy	64	10.9
Therapy for psychiatric or neurological condition	45	7.6
Prescription substance obtained WITHOUT a prescription	202	34.2
Non-prescription substance	135	22.9
No known exposure but clinical signs consistent with NAS	4	0.7
No response	11	1.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	35	4.6
East	135	22.6
Hamilton	15	4.8
Jackson/Madison	0	0
Knox	73	18.7
Mid-Cumberland	59	5
North East	84	33.2
Shelby	20	2
South Central	28	7.7
South East	13	5
Sullivan	51	42.9
Upper Cumberland	61	21.3
West	16	3.6
Total	590	9.7

NAS Prevention Opportunities

Women of Childbearing Age

- Use prescription medications only as directed by a healthcare provider.
- Store all medications in a secure place.
- Dispose of medications properly.
- Never use medications prescribed for someone else.

Health Care Providers

- Discuss pain treatment options, including options that do not include prescription pain medications.
- Talk with patients about the risks and benefits of prescription pain medications.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Ask your physician about [Naloxone](#) as a tool to reduce overdose death prevention.
- 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