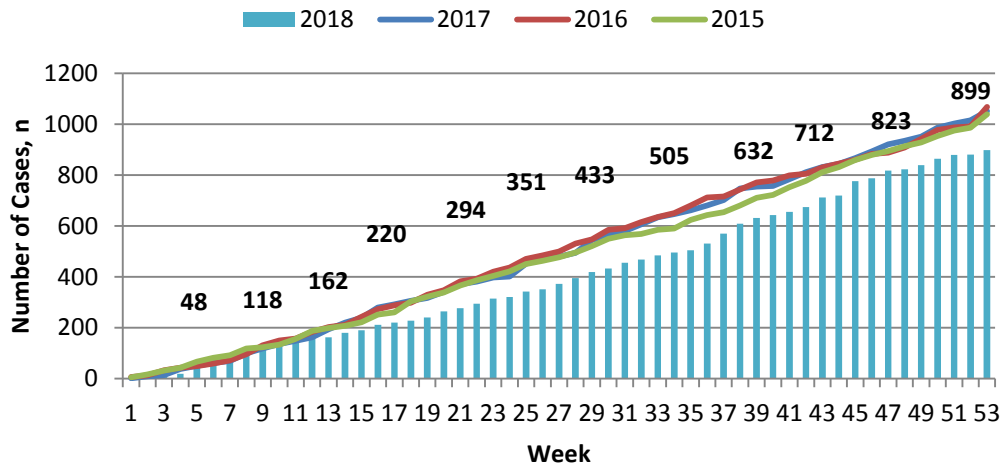


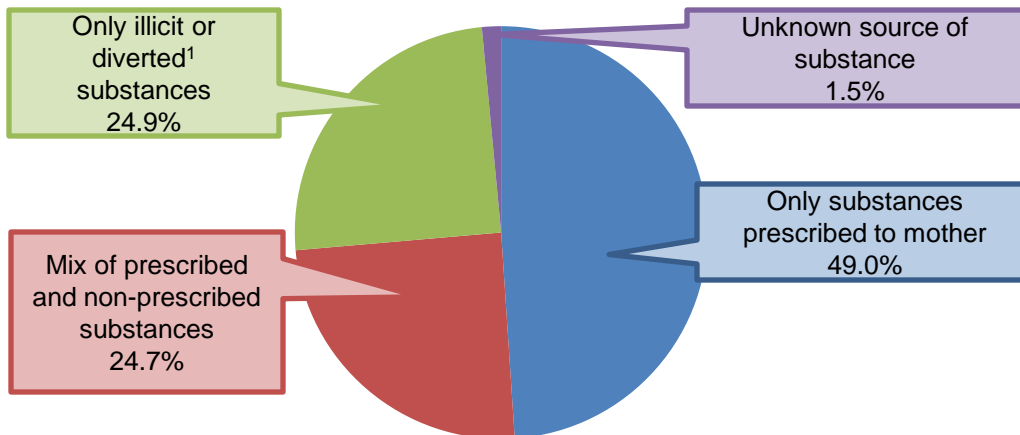
Neonatal Abstinence Syndrome Surveillance

December 2018 Update (Data through 1/22/2019)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **899 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**73.7%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast and East Health Regions, and Sullivan County.

NAS Prevention Highlight – Susannah’s House is an intensive outpatient recovery program for mothers in recovery located in Knoxville, Tennessee. The program provides a nurturing and therapeutic environment for individuals and families to achieve sobriety. Treatment includes modules for mothers determined to establish as safe and supportive family system. Susannah’s House utilize a trauma informed classroom to help ensure that women in the program learn about adverse childhood events (ACEs) can impact brain development of young children. The classrooms also cater to the needs of children who are in the program with recovering mothers. The goal of the trauma informed classroom is to break the family cycle of substance abuse. For more information, visit the website at www.susannahshouse.org or call 865-200-4759.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	600	66.7
Legal prescription of an opioid pain reliever	61	6.8
Legal prescription of a non-opioid	72	8.0
Prescription opioid obtained without a prescription	276	30.7
Non-opioid prescription substance obtained without a prescription	115	12.8
Heroin	59	6.6
Other non-prescription substance	205	22.8
No known exposure	8	0.9
Other	17	1.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	58	5.8
East	212	27.2
Hamilton	25	5.9
Jackson/Madison	4	3.2
Knox	82	15.8
Mid-Cumberland	101	6.3
North East	132	40.5
Shelby	48	3.6
South Central	30	6.0
South East	26	6.9
Sullivan	66	42.9
Upper Cumberland	92	23.8
West	23	4.0
Total	899	11.1

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