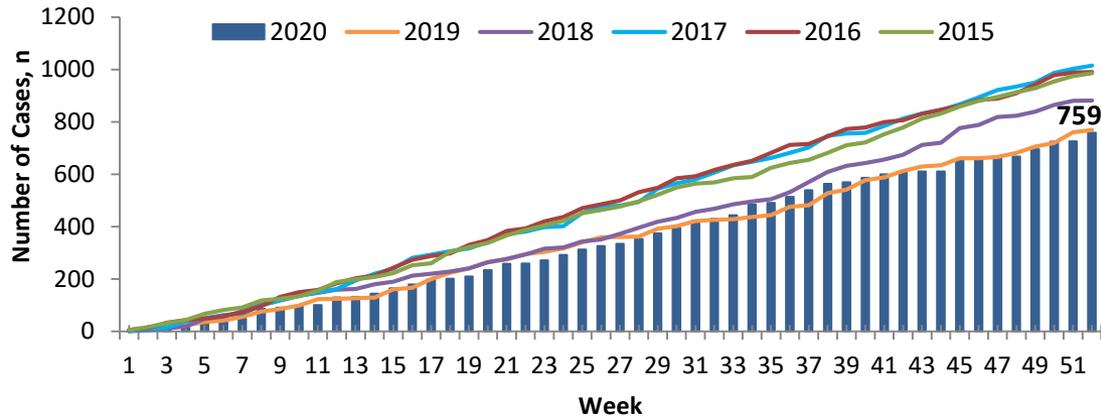


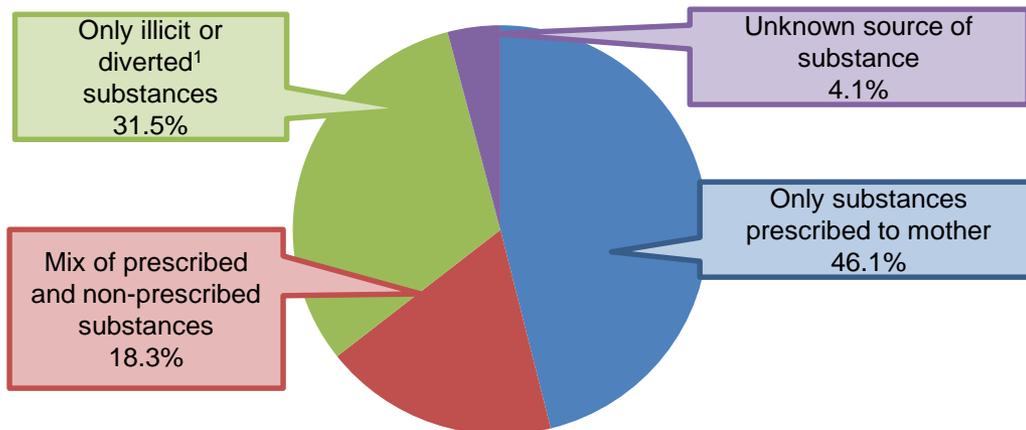
Neonatal Abstinence Syndrome Surveillance

December 2020 Update (Data through 12/26/2020)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **759 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through December 26, 2020.
- In the majority of NAS cases (**64.4%**), 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 East and Northeast Regions, Knox and Sullivan Counties.

NAS Prevention Highlight – The Tennessee Department of Mental Health and Substance Abuse Services provides treatment for pregnant women who are abusing substances. Women who are pregnant, IV drug users, abusing substances, or in medically-monitored withdrawal management may be eligible for services. Services target both adolescents and adults and include detoxification, outpatient treatment, recovery support, and HIV Outreach.

Services are evidence-based and culturally competent for children of substance abusing parents, children of incarcerated parents, and children in foster care. For more information, contact Linda McCorkle, Director of Treatment Services via email at Linda.Mccorkle@tn.gov or by phone at 615-285-4355.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	468	61.66
Legal prescription of an opioid pain reliever	19	2.50
Legal prescription of a non-opioid	40	5.27
Prescription opioid obtained without a prescription	176	23.19
Non-opioid prescription substance obtained without a prescription	83	10.94
Heroin	70	9.22
Other non-prescription substance	191	25.16
No known exposure	0	0.00
Other ⁴	38	5.01

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	41	4.1
East	174	21.9
Hamilton	23	5.4
Jackson/Madison	3	2.4
Knox	74	14.5
Mid-Cumberland	60	3.7
North East	97	30.3
Shelby	81	6.3
South Central	54	11.1
South East	13	3.6
Sullivan	83	56.6
Upper Cumberland	42	10.7
West	14	2.5
Total	759	9.4

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](#).
- 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.

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