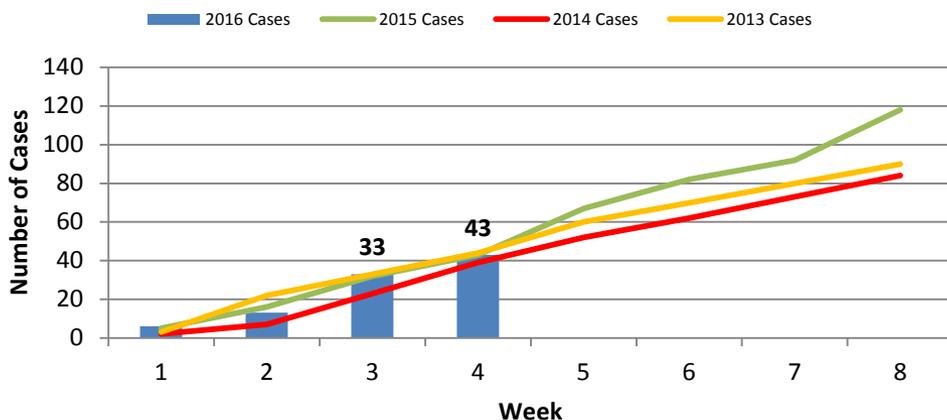


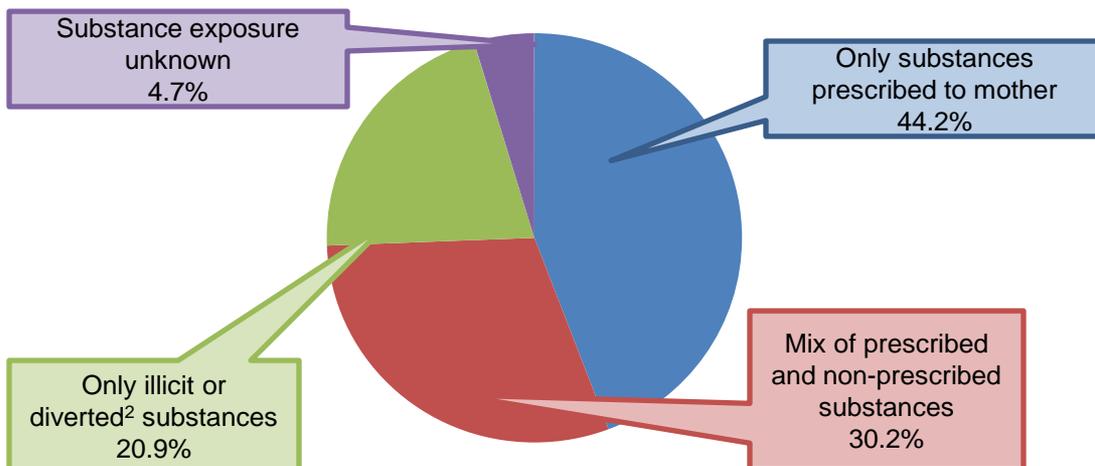
Neonatal Abstinence Syndrome Surveillance

January Update (Data through 01/30/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **43 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**74.4%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the Upper Cumberland and Northeast regions.

NAS Prevention Highlight

The Tennessee Department of Environment and Conservation, the Tennessee Department of Mental Health and Substance Abuse, the Prevention Alliance of Tennessee, and the Department of Health have partnered together to distribute 150 drug drop boxes to 86 of 95 counties. This collaborative effort was recently presented at the 26th Annual National Leadership Forum for the Community Anti-Drug Coalitions of America in National Harbor, Maryland. This work decreases the amount of unused prescription drugs in our communities and helps reduce risk factors for abuse. If you would like to obtain a drug drop box in your community, contact Kathy Glapa at Kathy.Glapa@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	28	65.1
Legal prescription of an opioid pain reliever	4	9.3
Legal prescription of a non-opioid	0	0
Prescription opioid obtained without a prescription	13	30.2
Non-opioid prescription substance obtained without a prescription	4	9.3
Heroin	0	0
Other non-prescription substance	3	7.0
No known exposure	2	4.7
Other ³	9	20.9

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	0	0
East	11	16.2
Hamilton	1	3.0
Jackson/Madison	0	0
Knox	7	16.3
Mid-Cumberland	7	5.6
North East	5	17.9
Shelby	0	0
South Central	0	0
South East	0	0
Sullivan	2	14.8
Upper Cumberland	6	18.9
West	4	7.8
Total	43	6.4

NAS Prevention Opportunities

Women of Childbearing Age

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

Health Care Providers

- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.
- Discuss pain treatment options, including options that do not include prescription pain medications.
- Review the [Draft CDC Guideline for Prescribing Opioids for Chronic Pain](#).

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).
- 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. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.
3. Other exposure may include cases reported to the archived surveillance system with classifications not captured in the current system

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov