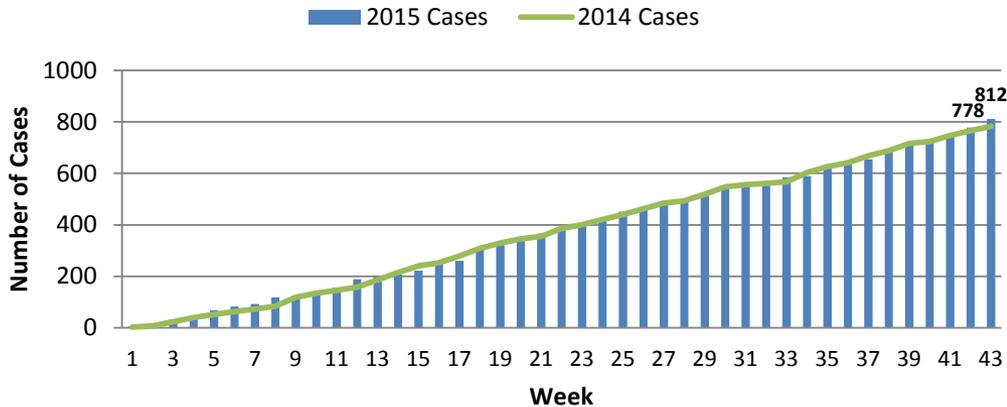


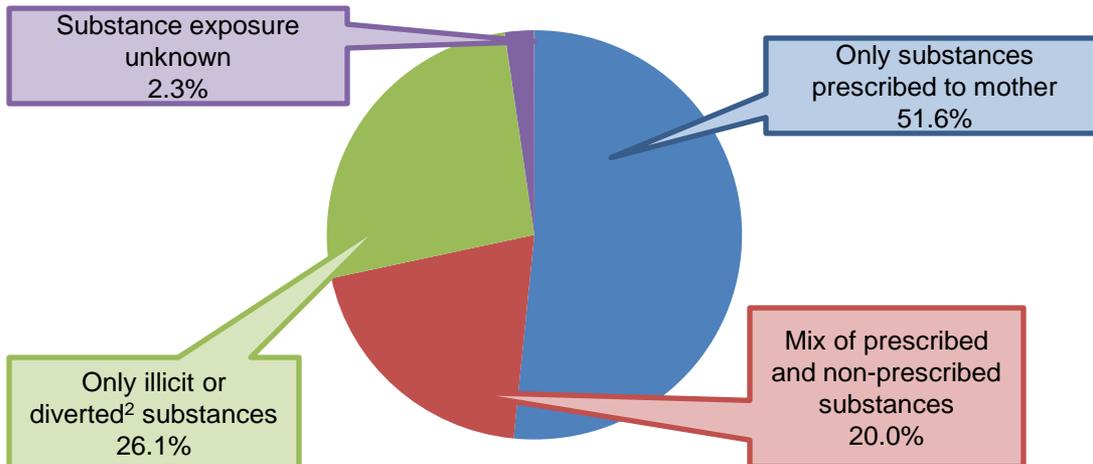
# Drug Dependent Newborns (Neonatal Abstinence Syndrome)

## October Update (Data through 10/31/2015)

### Cumulative Cases NAS Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **812 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**71.6%**), 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

Tennessee county health departments in Sevier, and Cocke counties have had success conducting innovative “Primary Prevention Initiative” (PPI) pilot projects to reduce NAS. Health educators work with local judicial partners to educate female inmates about the dangers of any drug use during pregnancy. The inmates are also offered VRLACS (voluntary, reversible, long-acting contraceptives). After just nine months of project implementation, Sevier County recorded a 92% reduction in babies born with NAS. As of September 2015, 24 counties have participated in similar NAS reduction collaborations. For more information about NAS visit: <http://tn.gov/health/topic/nas>

## Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) <sup>3</sup>	# Cases <sup>3</sup>	% Cases
Supervised replacement therapy	502	61.8
Supervised pain therapy	83	10.2
Therapy for psychiatric or neurological condition	71	8.7
Prescription substance obtained WITHOUT a prescription	274	33.7
Non-prescription substance	181	22.3
No known exposure but clinical signs consistent with NAS	4	0.5
No response	15	1.9

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	42	4.9
East	193	28.7
Hamilton	20	5.8
Jackson/Madison	0	0
Knox	102	23.3
Mid-Cumberland	77	5.9
North East	127	44.7
Shelby	23	2.0
South Central	34	8.4
South East	26	8.8
Sullivan	65	49.4
Upper Cumberland	80	24.9
West	23	4.7
<b>Total</b>	<b>812</b>	<b>11.9</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Use reliable birth control methods to prevent pregnancy.
- Seek a range of options for pain management, including methods that do not involve drugs.
- If you become pregnant and are using opioids though a prescription, talk to your prescriber about individualized plan to optimize outcomes for mother and baby.
- For more information visit the [NCPOEP](#) website.

### Health Care Providers – Prevent Prenatal Exposure

- Educate about the risks of substance use (including alcohol and tobacco) before pregnancy occurs.
- Conduct universal screening ([SBIRT](#)); make referrals to prenatal services when indicated.
- Use consistent protocols at birth to identify substance-exposed newborns; make appropriate referrals for developmental or child welfare services.
- Visit this ASTHO [resource](#) or the AMA website “[Preventing Opioid Abuse](#)” for general information.

### Everyone

- Get help for substance abuse at 1-800-662-HELP.

### 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.

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