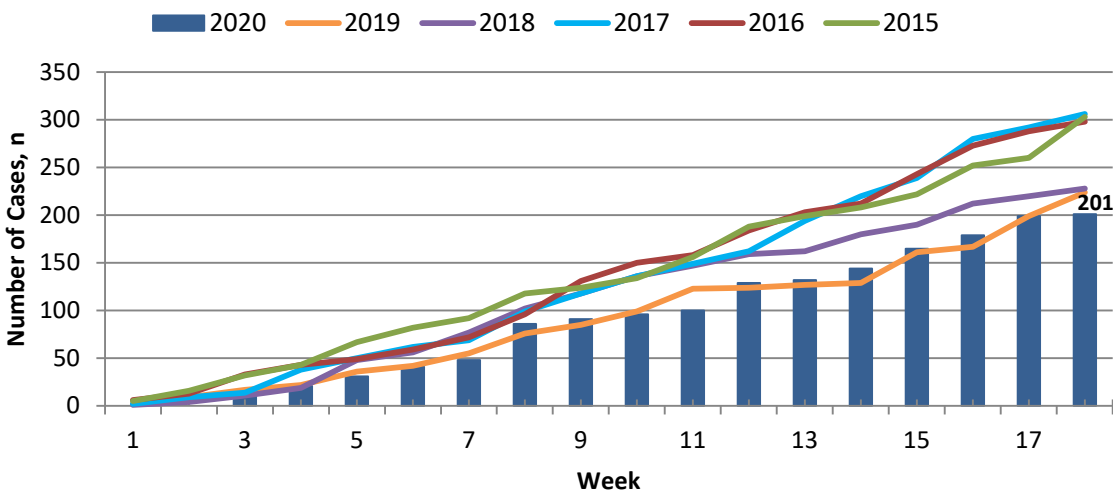


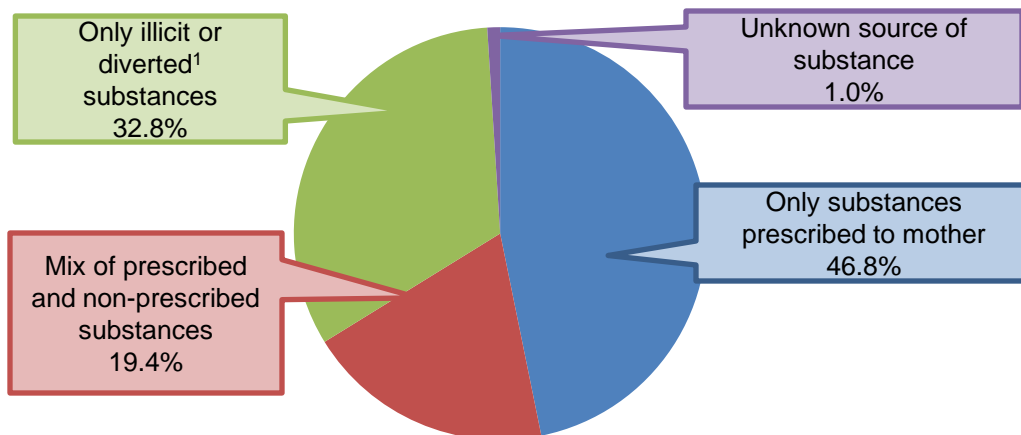
# Neonatal Abstinence Syndrome Surveillance

## April 2020 Update (Data through 05/02/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **201 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through May 2, 2020.
- In the majority of NAS cases (**66.2%**), 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 Northeast and East Regions, and Sullivan County.

**NAS Prevention Highlight** – The Tennessee Department of Children’s Services provides resources and information for women and families regarding Neonatal Abstinence Syndrome. The resources are gathered from multiple organizations and shared to benefit the public. Videos, research, webinars, and other resources are available at the Tennessee Department of Children’s Service [website](#). Other related resources at the link include: infant mental health, drug and addiction, teen, trauma, and foster parent resources. One [webinar series](#) from the National Center for Substance Abuse and Child Welfare offers multiple online training sessions for families and professionals. For more information regarding child health, contact Eula Hendricks at 615-532-9716.

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	127	63.18
Legal prescription of an opioid pain reliever	3	1.49
Legal prescription of a non-opioid	10	4.98
Prescription opioid obtained without a prescription	52	25.87
Non-opioid prescription substance obtained without a prescription	27	13.43
Heroin	17	8.46
Other non-prescription substance	52	25.87
No known exposure	0	0
Other <sup>4</sup>	9	4.48

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	19	6
East	39	15.5
Hamilton	5	3.6
Jackson/Madison	2	5.2
Knox	9	5.5
Mid-Cumberland	25	4.9
North East	24	23.5
Shelby	19	4.7
South Central	16	10.4
South East	5	4.4
Sullivan	22	47.0
Upper Cumberland	11	8.9
West	5	3.0
<b>Total</b>	<b>201</b>	<b>7.9</b>

## 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.
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- 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](#).

### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

### 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 Joana Rosales at [joana.rosales@tn.gov](mailto:joana.rosales@tn.gov)