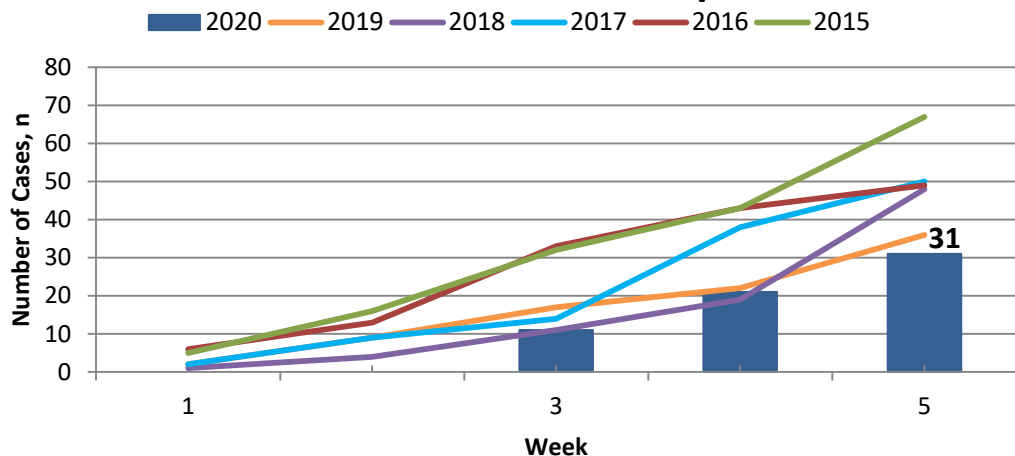


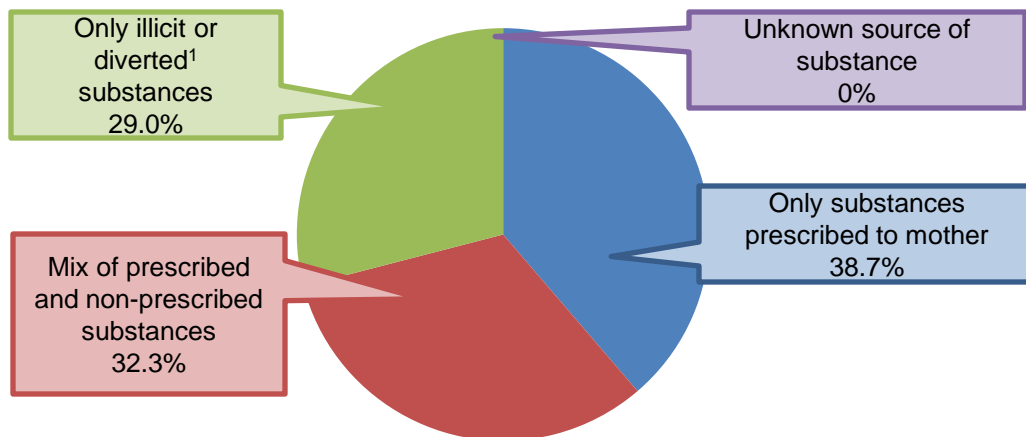
# Neonatal Abstinence Syndrome Surveillance

## January 2020 Update (Data through 02/01/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **31 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since February 1, 2020
- In the majority of NAS cases (**71%**), 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, Southeast Regions, and Sullivan County.

**NAS Prevention Highlight – The Next Door Addiction Treatment for Women** is a non-profit organization dedicated to serving women in crisis and provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. The organization provides recovery and re-entry services exclusively for women in the Nashville and Chattanooga areas. The Next Door Chattanooga offers a unique program in partnership with the Tennessee Department of Correction. Prior to release from prison, women are transported to the Next Door Chattanooga’s Correctional Release Center. While there, women work toward gaining job and life skills needed for re-entry into society and are equipped for independent living, free from drug and alcohol abuse. For more information visit the website at <https://thenextdoor.org/>

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	21	67.74
Legal prescription of an opioid pain reliever	1	3.23
Legal prescription of a non-opioid	1	3.23
Prescription opioid obtained without a prescription	8	25.81
Non-opioid prescription substance obtained without a prescription	4	12.90
Heroin	3	9.68
Other non-prescription substance	8	25.81
No known exposure	0	0
Other <sup>4</sup>	2	6.45

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	0	0
East	1	1.4
Hamilton	2	5.6
Jackson/Madison	1	9.9
Knox	0	0
Mid-Cumberland	3	2.2
North East	4	13.9
Shelby	8	7
South Central	1	2.5
South East	3	10.2
Sullivan	4	33.3
Upper Cumberland	3	9.8
West	1	2.3
<b>Total</b>	<b>31</b>	<b>4.6</b>

### 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](#).
- 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.
- Partner with fellow providers to educate patients where to dispose of unused medications to reduce abuse and addiction by sharing [drug disposal site information](#).

#### Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Naloxone Training Administration Website](#).
- Join an [anti-drug coalition](#) in your community in Tennessee.

#### 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](mailto:angela.m.miller@tn.gov)