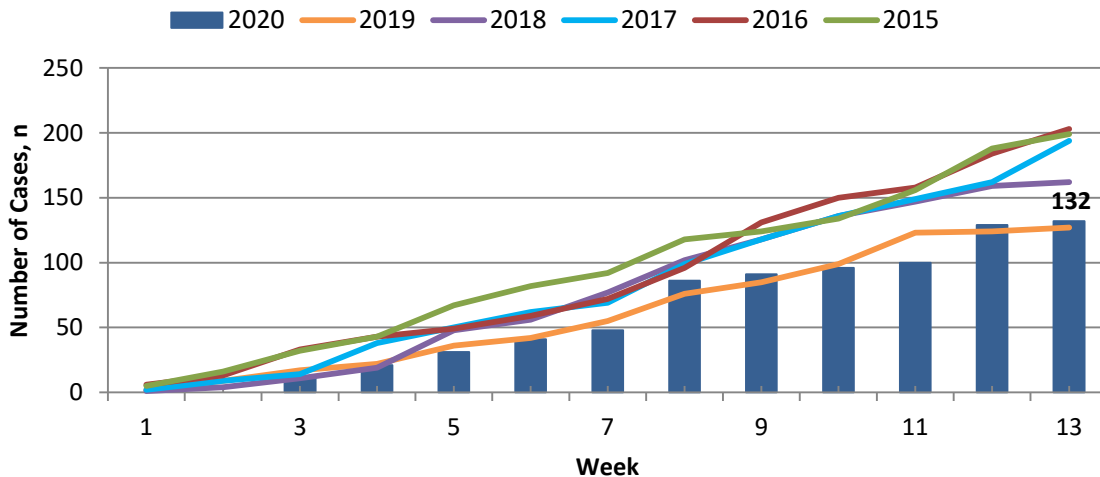


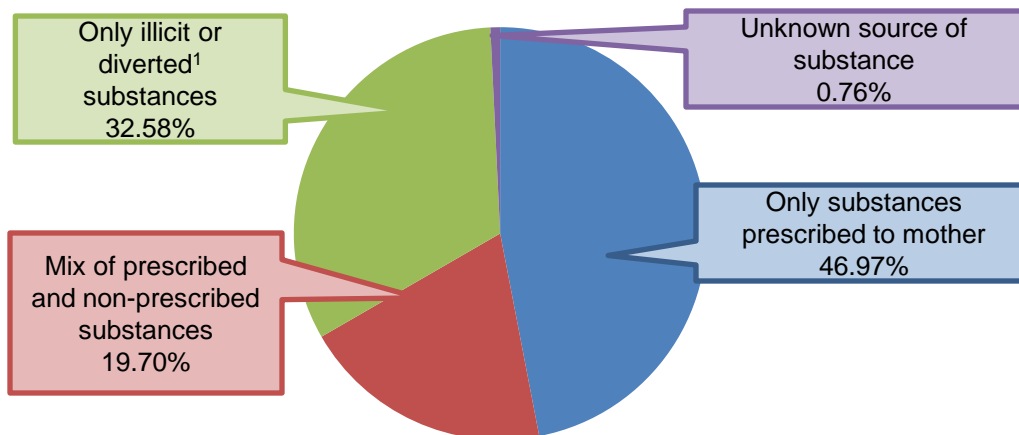
# Neonatal Abstinence Syndrome Surveillance

## March 2020 Update (Data through 03/28/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **132 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since March 28, 2020
- In the majority of NAS cases (**66.7%**), 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, East and Upper Cumberland Regions, and Sullivan County.

**NAS Prevention Highlight** – The Centers for Disease Control has information available women who are pregnant and/or breastfeeding regarding the Coronavirus Disease 2019 (COVID-19), COVID-10 is a new disease, so information for pregnant women, infants, breastfeeding, or delivery is still being learned. Pregnant women should take precautions to avoid infection by covering their cough; avoiding others who are sick; and cleaning their hands often using soap or an alcohol-based sanitizer. At this time, it is unknown whether a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy, delivery, or while breastfeeding. Mothers should coordinate with their healthcare providers and follow all possible precautions to avoid spreading the virus to her infant. For more information, visit the CDC site for pregnancy and breastfeeding and COVID-19.

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	84	63.64
Legal prescription of an opioid pain reliever	2	1.52
Legal prescription of a non-opioid	6	4.55
Prescription opioid obtained without a prescription	35	26.52
Non-opioid prescription substance obtained without a prescription	16	12.12
Heroin	13	9.85
Other non-prescription substance	32	24.24
No known exposure	0	0
Other <sup>4</sup>	8	6.06

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	9	3.8
East	19	9.9
Hamilton	4	4.0
Jackson/Madison	2	6.9
Knox	3	2.5
Mid-Cumberland	19	5.0
North East	21	26.9
Shelby	14	4.5
South Central	6	5.2
South East	5	6.1
Sullivan	17	48.4
Upper Cumberland	9	9.6
West	4	3.2
<b>Total</b>	<b>132</b>	<b>7.0</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- 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](#).
- 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.

### 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>

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