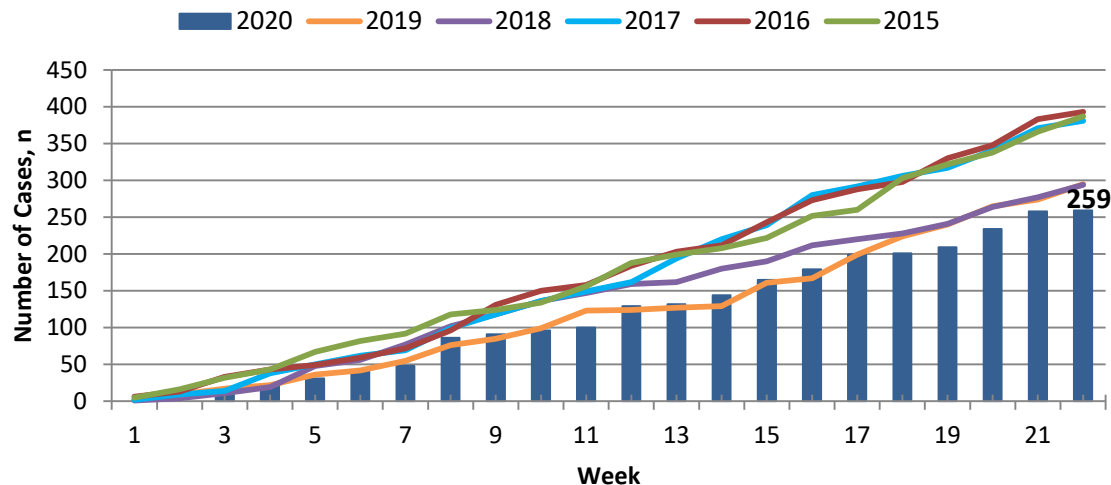


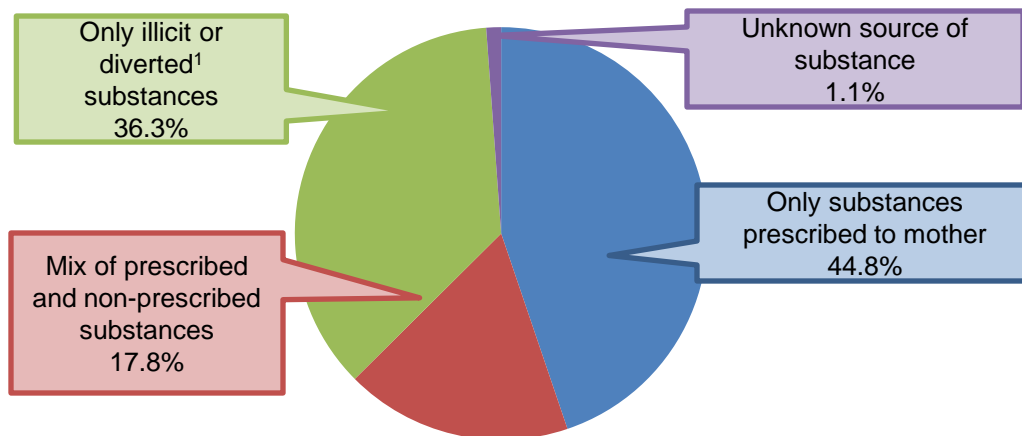
# Neonatal Abstinence Syndrome Surveillance

## May 2020 Update (Data through 05/29/2020)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **259 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through May 29, 2020.
- In the majority of NAS cases (**62.6%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, and Sullivan County.

**NAS Prevention Highlight** –The Tennessee Department of Health offers family planning services in every county health department clinic. The clinics are staffed by doctors, nurse practitioners and nurses. The staff is trained to provide education, counseling, physical assessments and treatment, if needed, and contraceptives. No one will be denied services due to an inability to pay. Clinics offer services for women, men and teens. All information is kept private. For more information about available services and contact information for regional and local health departments, visit the Tennessee Department of Health [web page](#). Family planning is considered essential and services may be provided by telephone or telehealth. For more information, contact Danni Lambert at [danni.lambert@tn.gov](mailto:danni.lambert@tn.gov).

## Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	154	59.46
Legal prescription of an opioid pain reliever	6	2.32
Legal prescription of a non-opioid	14	5.41
Prescription opioid obtained without a prescription	69	26.64
Non-opioid prescription substance obtained without a prescription	33	12.74
Heroin	24	9.27
Other non-prescription substance	73	28.19
No known exposure	0	0
Other <sup>4</sup>	10	3.86

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	22	5.5
East	50	15.5
Hamilton	6	3.4
Jackson/Madison	2	4
Knox	14	6.7
Mid-Cumberland	27	4.2
North East	38	30.5
Shelby	23	4.5
South Central	23	11.7
South East	5	3.4
Sullivan	29	50.2
Upper Cumberland	13	8.3
West	7	3.3
<b>Total</b>	<b>259</b>	<b>8.0</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
- 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.
- Refer patients who need help with recovery from narcotic drug addiction using Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

### 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)