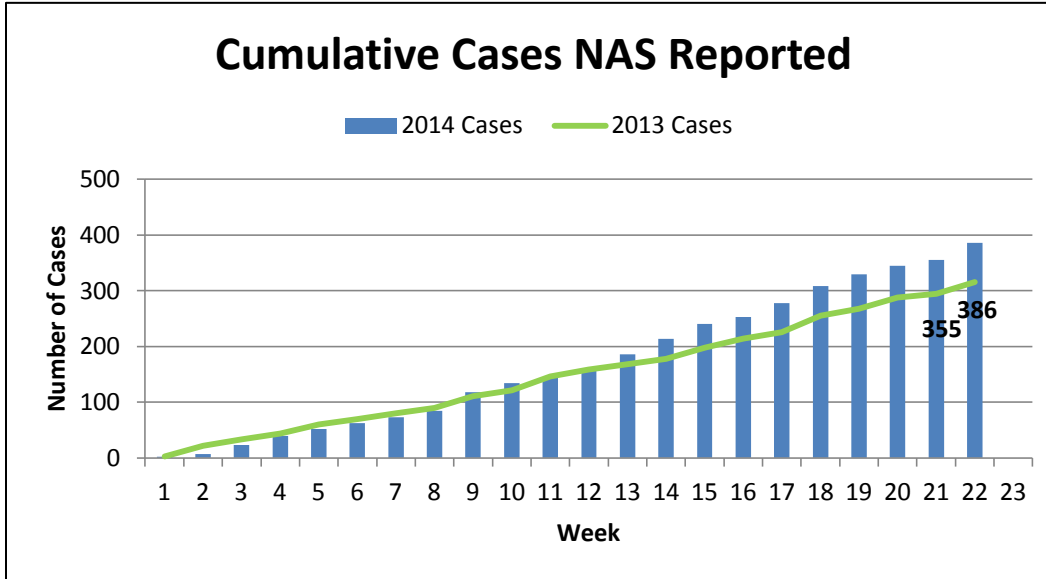


# Drug Dependent Newborns (Neonatal Abstinence Syndrome)

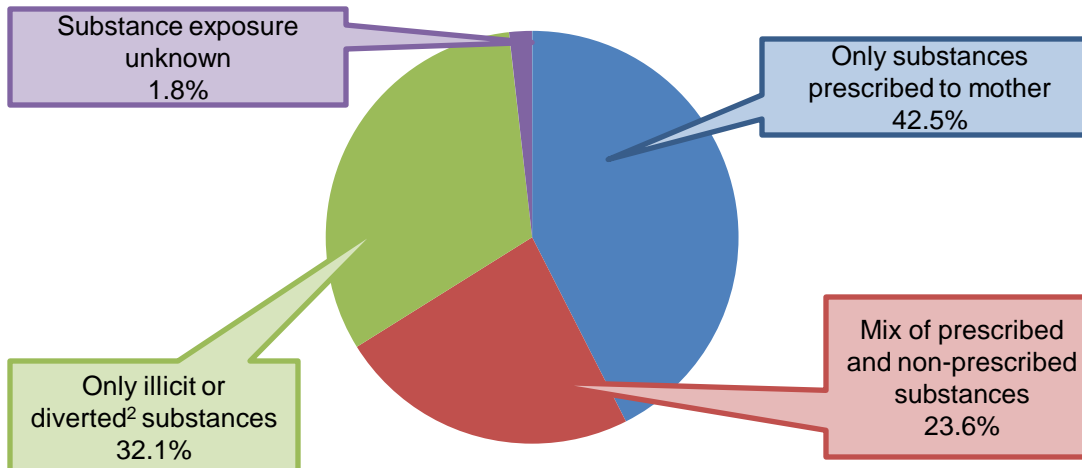
May Update (Data through 05/31/2014)



## Cumulative Cases NAS Reported



## Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **386 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2014.
- In the majority of NAS cases (**66.1%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2014 have occurred in Northeast, Upper Cumberland, and East Regions.

### NAS Prevention Highlight

The Tennessee Department of Mental Health and Substance Abuse Services has released [“Prescription for Success: Statewide Strategies to Prevent and Treat the Prescription Drug Abuse Epidemic in Tennessee.”](#) The plan is focused on achieving the following outcomes:

1. Decrease the number of Tennesseans that abuse controlled substances.
2. Decrease the number of Tennesseans who overdose on controlled substances.
3. Decrease the amount of controlled substances dispensed in Tennessee.
4. Increase access to drug disposal outlets in Tennessee.
5. Increase access and quality of early intervention, treatment and recovery services.
6. Expand collaborations and coordination among state agencies.
7. Expand collaboration and coordination with other states.

## Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) <sup>3</sup>	# Cases <sup>3</sup>	% Cases
Supervised replacement therapy	200	51.8
Supervised pain therapy	60	15.5
Therapy for psychiatric or neurological condition	21	5.4
Prescription substance obtained WITHOUT a prescription	162	42.0
Non-prescription substance	92	23.8
No known exposure but clinical signs consistent with NAS	1	0.3
No response	6	1.6

## NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	21	5.2
East	106	33.1
Hamilton	5	2.9
Jackson/Madison	1	2.0
Knox	47	22.2
Mid-Cumberland	38	6.4
North East	49	37.0
Shelby	17	3.9
South Central	12	6.6
South East	5	3.4
Sullivan	20	30.9
Upper Cumberland	51	34.3
West	14	6.0
<b>Total</b>	<b>386</b>	<b>12.5</b>

## NAS Prevention Opportunities

### Women of Childbearing Age

- Use prescription drugs only as prescribed by a healthcare provider.
- Never sell or share prescription drugs. Never use someone else's prescription drugs.
- Discuss your pregnancy plans with your healthcare provider before taking prescription painkillers. Learn more about [effective ways to prevent an unintended pregnancy](#).

### Health Care Providers

- Utilize the Tennessee [Controlled Substance Monitoring Database](#). Providers are required by law to check the database before prescribing most controlled substances.
- Discuss the risks and benefits of taking prescription painkillers, especially during pregnancy.

### Everyone

- Dispose of unwanted or outdated medications at your nearest drop-off location. Find yours at: [http://tn.gov/environment/sustainable-practices\\_unwanted-prescriptions.shtml](http://tn.gov/environment/sustainable-practices_unwanted-prescriptions.shtml)

### Notes

1. Individual weekly summary reports are archived at: [http://health.tn.gov/MCH/NAS/NAS\\_Summary\\_Archive.shtml](http://health.tn.gov/MCH/NAS/NAS_Summary_Archive.shtml)
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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