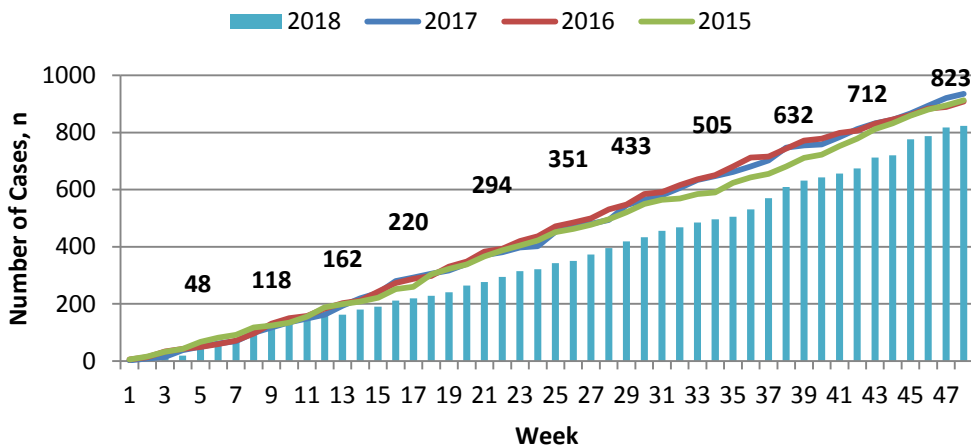


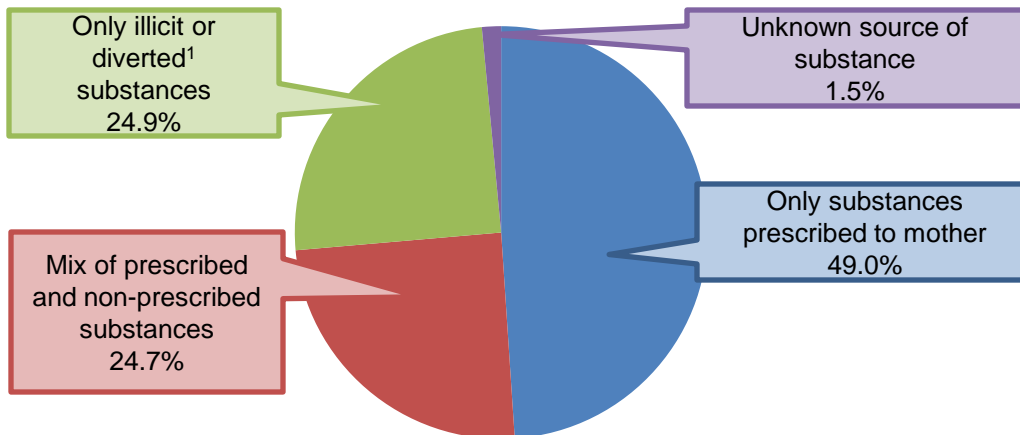
Neonatal Abstinence Syndrome Surveillance

November Update (Data through 12/1/2018)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **823 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2018
- In the majority of NAS cases (**73.7%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2018 have occurred in the Northeast, Upper Cumberland and East Health Regions, and Sullivan County.

NAS Prevention Highlight – Mothers and Infants Sober Together (MIST) is a program in East Tennessee to help mothers of NAS babies get off drugs. MIST recently received \$290,000 from BlueCross BlueShield as part of a comprehensive program to fight neonatal abstinence syndrome. Pregnant mothers who are identified with a history of substance abuse or are current users of opioids are referred the MIST program. The mothers commit to a six-month program that includes as evaluation of their drug history, weekly group therapy, individual therapy, and case management in their homes. Seventy-nine percent of MIST mothers tested negative for all substances after the program. Of those who tested positive, 60% were taking a prescribed medication. For more information about MIST, visit <https://bettertennessee.com/mist/>

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	557	67.7
Legal prescription of an opioid pain reliever	55	6.7
Legal prescription of a non-opioid	66	8.0
Prescription opioid obtained without a prescription	250	30.4
Non-opioid prescription substance obtained without a prescription	103	12.5
Heroin	51	6.2
Other non-prescription substance	187	22.7
No known exposure	8	1.0
Other	15	1.8

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	54	5.8
East	191	26.7
Hamilton	24	6.2
Jackson/Madison	4	3.5
Knox	74	15.5
Mid-Cumberland	94	6.4
North East	125	41.9
Shelby	37	3.1
South Central	29	6.3
South East	24	6.9
Sullivan	61	42.8
Upper Cumberland	85	24.1
West	21	4.0
Total	823	11.1

NAS Prevention Opportunities

Women of Childbearing Age

- Visit Narcotics Anonymous to [find recovery meetings](#).
- Discuss risks of medications with your healthcare provider before you become pregnant.
- Learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Educate patients about Tennessee REDLINE at 800-889-9789.
- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.

Everyone

- Store all medications in a secure place.
- Never use medications prescribed for someone else.
- Utilize [prescription drug take-back boxes](#) to properly dispose of unused medications.
- Ask your physician about [Naloxone](#) to reduce overdose death risks for those addicted to opioids.
- Never use medications prescribed for someone else.

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