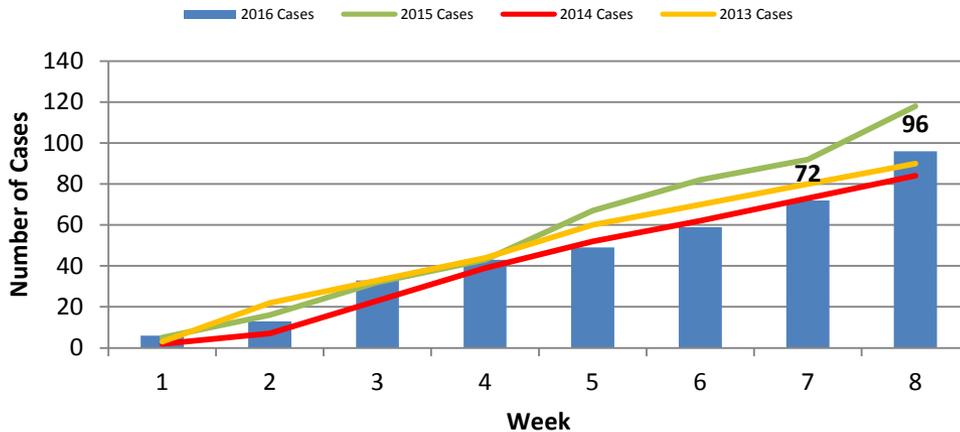


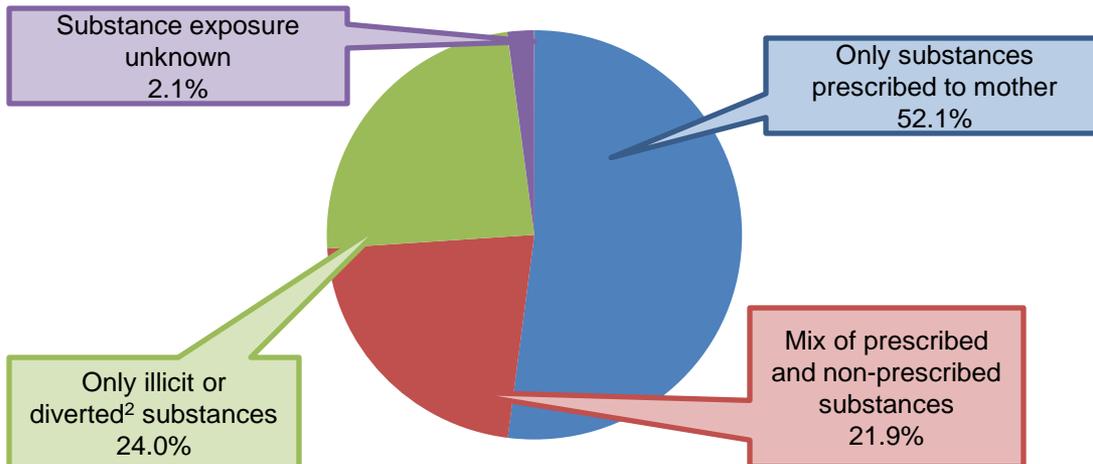
Neonatal Abstinence Syndrome Surveillance

February Update (Data through 02/27/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **96 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**74.0%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the Upper Cumberland, East and Knox County health regions.

NAS Prevention Highlight

The [Knoxville Metro Drug Coalition](#) hosted a conference titled "[Preventing Neonatal Abstinence Syndrome Through Assessment and Physician Guidance](#)" on March 11 at the University of Tennessee. The conference was designed to educate OB/GYN physicians, advance practice nurses, physician assistants, and others to understand addiction, recognize NAS risk factors, and learn to implement SBIRT (Screening Brief Intervention and Referral to Treatment) screening tool.

For more information, contact Karen Pershing at kpershing@metrodrug.org.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	61	63.5
Legal prescription of an opioid pain reliever	10	10.4
Legal prescription of a non-opioid	1	1.0
Prescription opioid obtained without a prescription	21	21.9
Non-opioid prescription substance obtained without a prescription	10	10.4
Heroin	2	2.1
Other non-prescription substance	13	13.5
No known exposure	2	2.1
Other	10	10.4

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	5	3.0
East	21	16.2
Hamilton	2	3.1
Jackson/Madison	0	0.0
Knox	13	15.6
Mid-Cumberland	13	5.4
North East	6	11.6
Shelby	0	0.0
South Central	2	2.6
South East	2	3.5
Sullivan	2	7.8
Upper Cumberland	25	41.8
West	5	5.2
Total	96	7.5

NAS Prevention Opportunities

Women of Childbearing Age

- Use prescription medications only as directed by a healthcare provider.
- If you need help from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Query the [Controlled Substance Monitoring Database](#) before prescribing an opioid or benzodiazepine.
- Talk with patients about the risks and benefits of prescription pain medications.
- Talk with patients about [Naloxone](#) as a tool to reduce overdose death prevention among those at risk.

Everyone

- Talk with your physician about pain treatment options that do not include prescription pain medications.
- Get help for substance abuse problems by calling 1-800-662-HELP.
- Call your local [Poison Control Center](#) (1-800-222-1222) for questions about medications.

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
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.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov