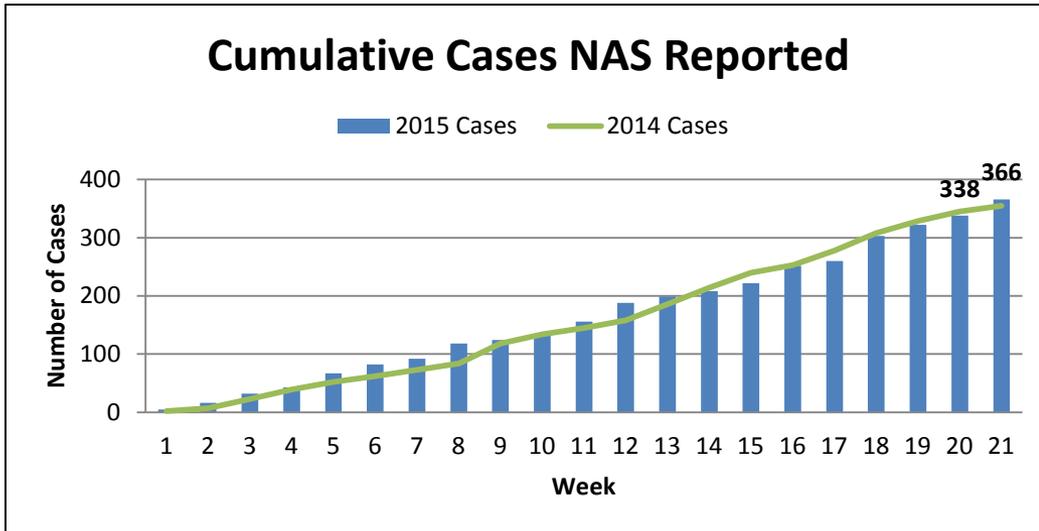


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

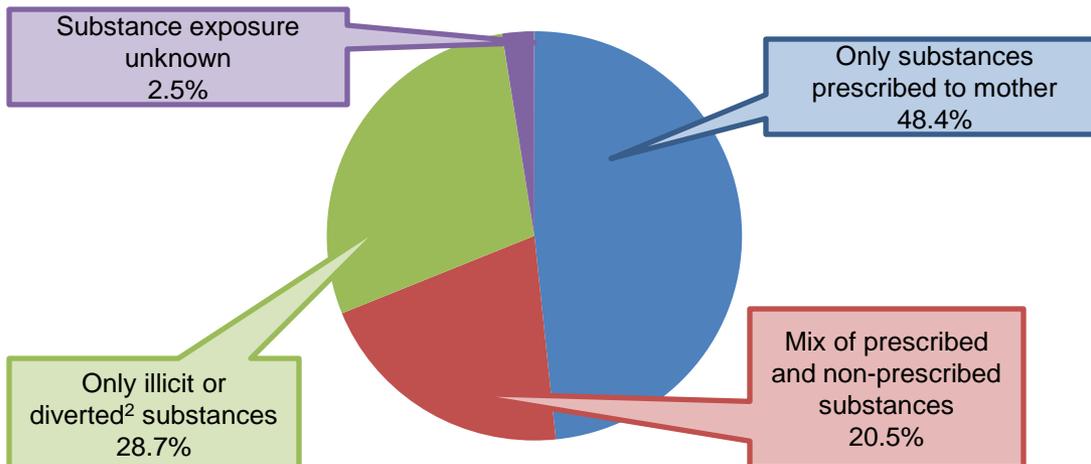
May Update (Data through 5/30/2015)



Quick Facts: NAS in Tennessee

- **366 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2015
- In the majority of NAS cases (**68.9%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2015 have occurred in Sullivan County and the Northeast region.

Maternal Source of Exposure



NAS Prevention Highlight

On April 1, 2015, the 14 year-old Tennessee “Intractable Pain Act” was repealed by legislation and [Public Chapter 26](#) will become effective on July 1, 2015 . The Intractable Pain Act allowed patients to choose opiate medications as a first option for treatment, and if the doctor refused, required the doctor to inform the patients of other physicians who specialize in the treatment of severe chronic pain with opiates.

This policy change will provide another tool to prescribers as they work together with other health care professionals to prevent the misuse, abuse, and addiction to prescription drugs.

Additional Detail for Maternal Sources of Exposure

| Source of Maternal Substance (if known) ³ | # Cases ³ | % Cases |
|--|----------------------|---------|
| Supervised replacement therapy | 223 | 60.9 |
| Supervised pain therapy | 33 | 9.0 |
| Therapy for psychiatric or neurological condition | 26 | 7.1 |
| Prescription substance obtained WITHOUT a prescription | 131 | 35.8 |
| Non-prescription substance | 93 | 25.4 |
| No known exposure but clinical signs consistent with NAS | 3 | 0.8 |
| 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 | 22 | 5.4 |
| East | 79 | 24.7 |
| Hamilton | 9 | 5.6 |
| Jackson/Madison | 0 | 0 |
| Knox | 46 | 21.7 |
| Mid-Cumberland | 37 | 5.9 |
| North East | 55 | 40.0 |
| Shelby | 12 | 2.2 |
| South Central | 20 | 10.5 |
| South East | 6 | 4.4 |
| Sullivan | 33 | 51.4 |
| Upper Cumberland | 39 | 24.0 |
| West | 8 | 3.3 |
| Total | 366 | 11.3 |

NAS Prevention Opportunities

Women of Childbearing Age

- Ask your health care provider about the risks of any medication you are taking
- Take only medications that are prescribed to you. Never use someone else's medication

Health Care Providers

- Before writing a prescription for a controlled medication, check the Tennessee Controlled Substance Monitoring Database. Log on at:
<https://www.tncsmd.com/Login.aspx>

Everyone

- Encourage your local community leaders to develop strategies to reduce prescription drug abuse.
- Contact the Coffee County Anti-Drug Coalition to begin a "[Count It! Lock It! Drop It!](#)" prevention program. Free materials are available for groups who qualify.
- Drop off unwanted pharmaceuticals at the following [locations](#) near you. Visit the Tennessee Department of Environment & Conservation [website](#) for more information are allowed in drug drop boxes.

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