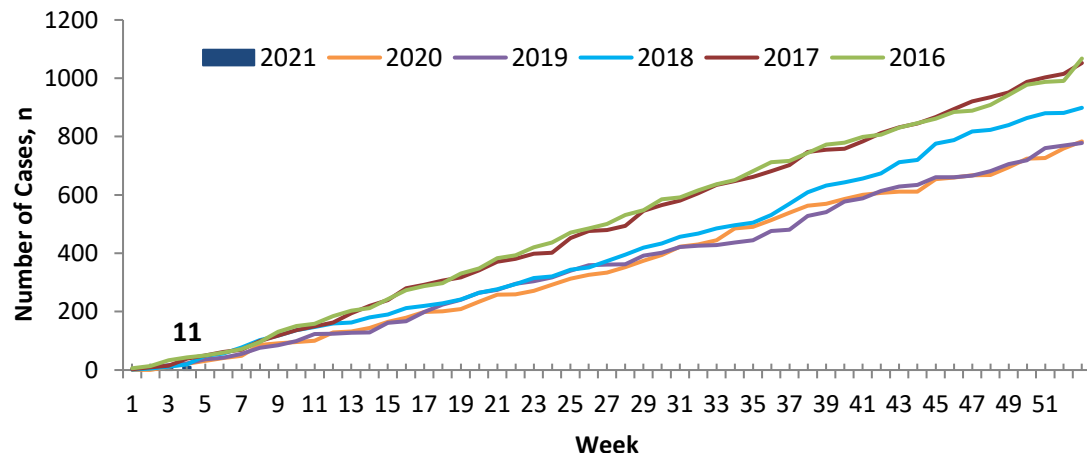


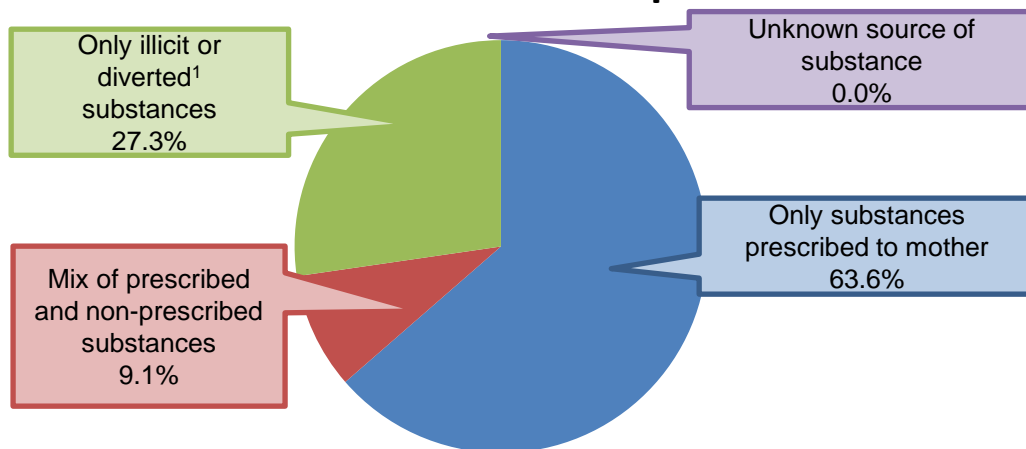
# Neonatal Abstinence Syndrome Surveillance

## January 2021 Update (Data through 01/30/2021)

### Cumulative NAS Cases Reported



### Maternal Source of Exposure



### Quick Facts: NAS in Tennessee

- **11 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through January 30, 2021.
- In most NAS cases (**72.7%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2021 have occurred in Sullivan County.

**NAS Prevention Highlight – The Grow With Me Clinic** is a care coordination service and outpatient clinic designed to serve at-risk children who have experienced intrauterine drug exposure or were diagnosed and treated for NAS. The focus of the program is to address medical, developmental, and emotional needs of children during the first five years of life. This East Tennessee Children’s Hospital program will provide a care coordinator to help parents and families with access to services and will serve as a healthcare coach to parents and caregivers. Eligible patients will have five Grow With Me home visits by nurses and social workers. Families will also attend a Grow With Me clinic at the hospital to identify treatment options. Those babies who are 35 weeks gestational birth age or older; has experienced drug exposure to opioids; and meets other requirements. For more information, contact Caroline Milford at 568-541-8353 or visit this [link](#).

### Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases <sup>3</sup>	% Cases
Medication assisted treatment	8	72.73
Legal prescription of an opioid pain reliever	0	0.00
Legal prescription of a non-opioid	0	0.00
Prescription opioid obtained without a prescription	2	18.18
Non-opioid prescription substance obtained without a prescription	0	0.00
Heroin	0	0.00
Other non-prescription substance	2	18.18
No known exposure	0	0.00
Other <sup>4</sup>	0	0.00

### NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	0	0
East	2	3
Hamilton	0	0
Jackson/Madison	0	0
Knox	2	5
Mid-Cumberland	1	0.8
North East	1	3.6
Shelby	0	0
South Central	0	0
South East	0	0
Sullivan	4	36
Upper Cumberland	0	0
West	1	2.2
<b>Total</b>	<b>11</b>	<b>1.7</b>

### NAS Prevention Opportunities

#### Women of Childbearing Age

- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- 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.

#### Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [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 Alice Nyakeriga at [alice.nyakeriga@tn.gov](mailto:alice.nyakeriga@tn.gov)