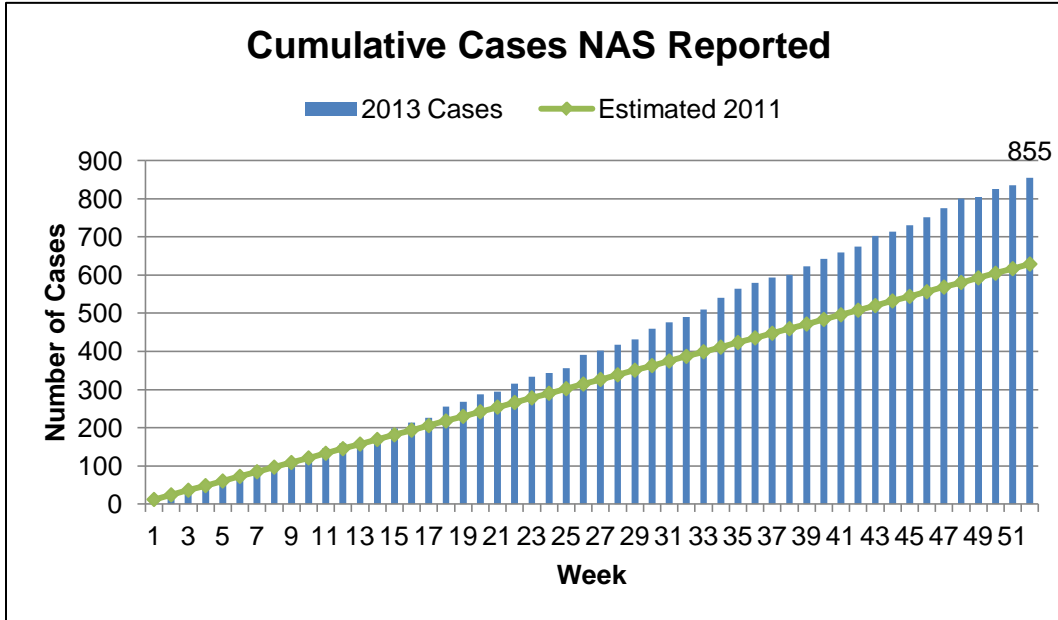


Drug Dependent Newborns (Neonatal Abstinence Syndrome)

December Update (Data through 12/28/2013)



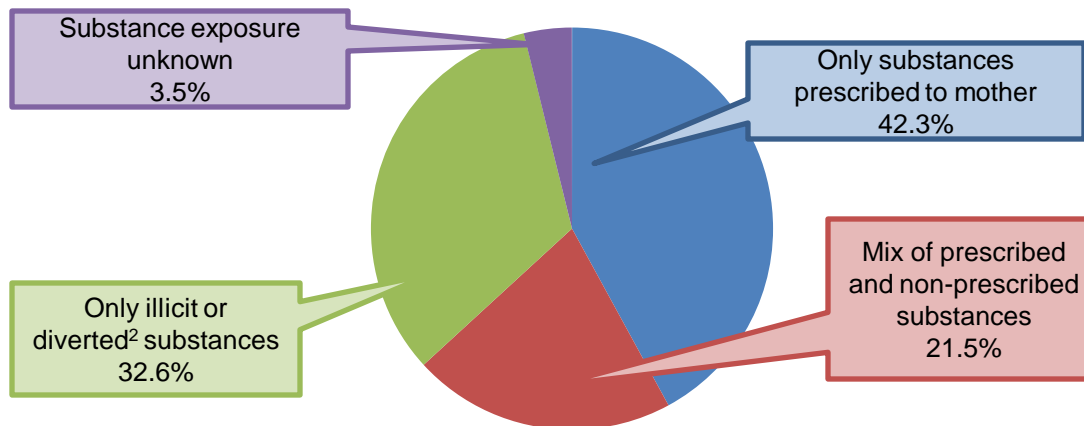
Quick Facts: NAS in Tennessee

- **855 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2013
- In the majority of NAS cases (**63%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2013 have occurred in Sullivan County and the Northeast Region (4.9 and 3.3 times higher than the state average, respectively).

NAS Prevention Highlight

With this month's update, the Tennessee Department of Health brings to a close the first year of mandatory NAS reporting by hospitals. Tennessee is believed to be the first state to require real-time reporting, allowing for more rapid deployment of programmatic and policy initiatives to reduce the burden of NAS. Throughout the year, 50 unique hospitals reported cases of NAS. The Department would like to thank hospital staff from across the state for their diligent efforts in collecting and reporting the NAS data. Additionally, we appreciate the efforts of the hospital associations and professional medical organizations who assisted in informing and educating providers about the reporting requirement.

Maternal Source of Exposure



Additional Detail for Maternal Sources of Exposure

Source of Maternal Substance (if known) ³	# Cases ³	% Cases
Supervised replacement therapy	398	46.5%
Supervised pain therapy	165	19.3%
Therapy for psychiatric or neurological condition	67	7.8%
Prescription substance obtained WITHOUT a prescription	341	39.9%
Non-prescription substance	236	27.6%
No known exposure but clinical signs consistent with NAS	11	1.3%
No response	19	2.2%

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	34	3.5
East	240	30.1
Hamilton	17	4.1
Jackson/Madison	2	1.5
Knox	99	18.7
Mid-Cumberland	57	3.8
North East	124	35.8
Shelby	18	1.3
South Central	27	5.8
South East	12	3.5
Sullivan	84	52.6
Upper Cumberland	110	28.8
West	31	5.1
Total	855	10.7

NAS Prevention Opportunities

From the [CDC's Vital Signs](#)

Women of Childbearing Age

- Use prescription medications only as directed by a health care provider.
- Store all medications in a secure place.
- Dispose of medications properly. Do not keep medications around “just in case” you need them.
- Never use medications prescribed for someone else.

Health Care Providers

- Discuss pain treatment options, including options that do not involve prescription pain medications.
- Talk with patients about the risks and benefits of prescription pain medications.
- Query the Controlled Substance Monitoring Database before prescribing an opioid or benzodiazepine.

Everyone

- 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://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.

For questions or additional information, contact Dr. Michael Warren at michael.d.warren@tn.gov.