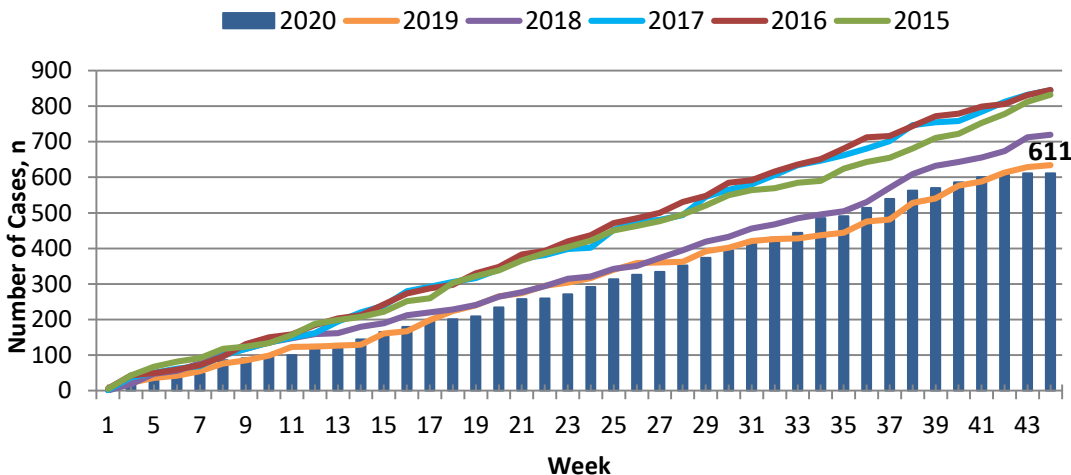


Neonatal Abstinence Syndrome Surveillance

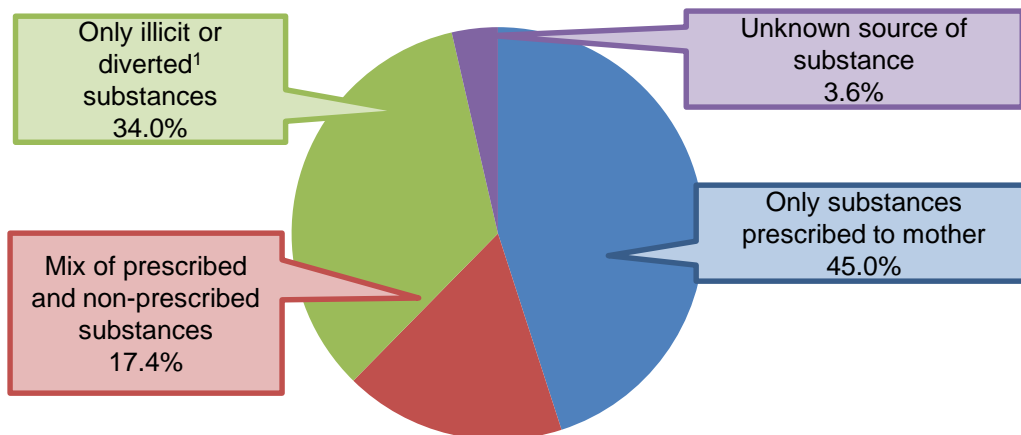
October 2020 Update (Data through 10/31/2020)



Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **611 cases** of Neonatal Abstinence Syndrome (NAS) have been reported this year through October 31, 2020.
- In the majority of NAS cases (**62.4%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2020 have occurred in the Northeast and East Regions, Knox and Sullivan Counties.

NAS Prevention Highlight – The Tennessee Department of Health offers family planning services in every county health department clinic. The clinics are staffed by doctors, nurse practitioners and nurses. The staff is trained to provide education, counseling, physical assessments and treatment, if needed, and contraceptives.

No one will be denied services due to an inability to pay. Clinics offer services for women, men and teens. All information is kept private. For more information about available services and contact information for regional and local health departments, visit the Tennessee Department of Health [web page](#). Family planning is considered essential and services may be provided by telephone or telehealth. For more information, contact Danni Lambert at danni.lambert@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	363	59.41
Legal prescription of an opioid pain reliever	16	2.62
Legal prescription of a non-opioid	28	4.58
Prescription opioid obtained without a prescription	147	24.06
Non-opioid prescription substance obtained without a prescription	71	11.62
Heroin	50	8.18
Other non-prescription substance	158	25.86
No known exposure	0	0
Other ⁴	28	4.58

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	40	4.8
East	123	18.7
Hamilton	21	5.9
Jackson/Madison	3	0.7
Knox	44	42.5
Mid-Cumberland	48	3.5
North East	89	34.1
Shelby	65	6.2
South Central	48	12.0
South East	11	3.6
Sullivan	74	61.0
Upper Cumberland	32	9.8
West	13	2.8
Total	611	9.2

NAS Prevention Opportunities

Women of Childbearing Age

- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- 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.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Share recovery resources for narcotic drug addiction, and Narcotics Anonymous with patients. Help them [find recovery meetings](#) across Tennessee.
- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

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