

Neonatal Abstinence Syndrome in Kansas, 2016-2020

Neonatal Abstinence Syndrome (NAS) is a growing problem in the United States.¹ NAS is a postnatal drug withdrawal syndrome that results from in utero exposure to addictive prescription or illicit drugs. The Kansas hospital discharge data were used to estimate the incidence of NAS diagnosis. Cases of NAS among birth hospitalizations were identified by International Classification of Diseases, Tenth Revision, Clinical Modification (ICD-10-CM) diagnosis code P96.1 (neonatal withdrawal symptoms from maternal use of drugs of addiction).² Birth hospitalizations were identified from ICD-10-CM diagnosis codes indicating single or multiple liveborn neonates (Z38.00, Z38.01, Z38.1, Z38.2, Z38.30, Z38.31, Z38.4, Z38.5, Z38.61, Z38.62, Z38.63, Z38.64, Z38.65, Z38.66, Z38.68, Z38.69, Z38.7, or Z38.8).² Those with an indication of transfer from another hospital were excluded to avoid duplication.² In Kansas from 2016 to 2020, there were 161,339 birth hospitalizations and 565 had NAS documented in the hospital discharge record. NAS can cause low birth weight and other complications leading to prolonged hospitalization.¹ Fortunately, NAS is preventable if an expectant mother receives proper care and treatment. One of the most effective prevention strategies is to improve preconception health care, and to educate both patients and providers about appropriate use of prescription drugs during pregnancy.¹

References:

1. Hospital Neonatal Abstinence Syndrome Reports Tallied. Kansas Health Statistics Report. No 91 – March 2022. Kansas Department of Health and Environment. <https://www.kdhe.ks.gov/ArchiveCenter/ViewFile/Item/1630>
2. Maternal and Child Health Bureau. Federally Available Data (FAD) Resource Document. April 1, 2022; Rockville, MD: Health Resources and Services Administration. Available at: <https://mchb.tvisdata.hrsa.gov/Admin/FileUpload/DownloadContent?fileName=FadResourceDocument.pdf&isForDownload=False>