



NORA

Naloxone + Overdose Response App

Opioid Summit - Building Bridges and Finding Answers:
The Opioid Crisis in Connecticut June 7, 2019
Quinnipiac University School of Law, North Haven, CT





What is NORA?

NORA - Naloxone + Overdose Response App is a free progressive web app from the Connecticut Department of Public Health. It was created as an interactive educational tool available at Connecticut citizens' fingertips to advance the use of naloxone, curb the epidemic of opioid overdose deaths, and save lives in the state.

About Naloxone



Naloxone is a medication used to reverse an opioid overdose. Naloxone can be administered nasally or by injection.

Naloxone restores normal breathing and consciousness within 1 to 5 minutes after inhaling or injecting. Giving naloxone can prevent death or brain damage from lack of oxygen during an opioid overdose.

Viewers of NORA can learn about CT training opportunities for naloxone use in their communities and where to obtain it, either at local pharmacies using GPS or at regional behavioral councils and harm reduction programs.

About NORA



NORA = Naloxone + Overdose Response App

As a progressive web app, the site can be accessed through www.norasaves.com. It can then be easily saved to your phone or desktop.

NORA provides information on opioids, **recognizing the symptoms of a suspected opioid overdose**, and instructions on administering naloxone, rescue breathing, and CPR when needed.

Additional pages provide access on **how to prevent an overdose, disposal of medications, and links to treatment and recovery resources.**



Information Available on the App

What are Opioids?

- Drugs used to manage pain can be in the class of drugs called opioids. Not all pain meds are opioids.
 - Anyone can develop a physical dependence on them with continued use.
 - Often people will have an increased sensitivity to pain.
 - Many people do not know that the drugs prescribed to them are opioids.

Prevent Opioid Overdose

- Weighing the risks and benefits of opioid use are important conversations that should happen between medical prescribers and their patients.
 - Discuss high risk factors and taking medications as prescribed.
 - Proper storage and disposal of the medications are essential to prevent misuse.
 - Never share any medications with your family or friends.

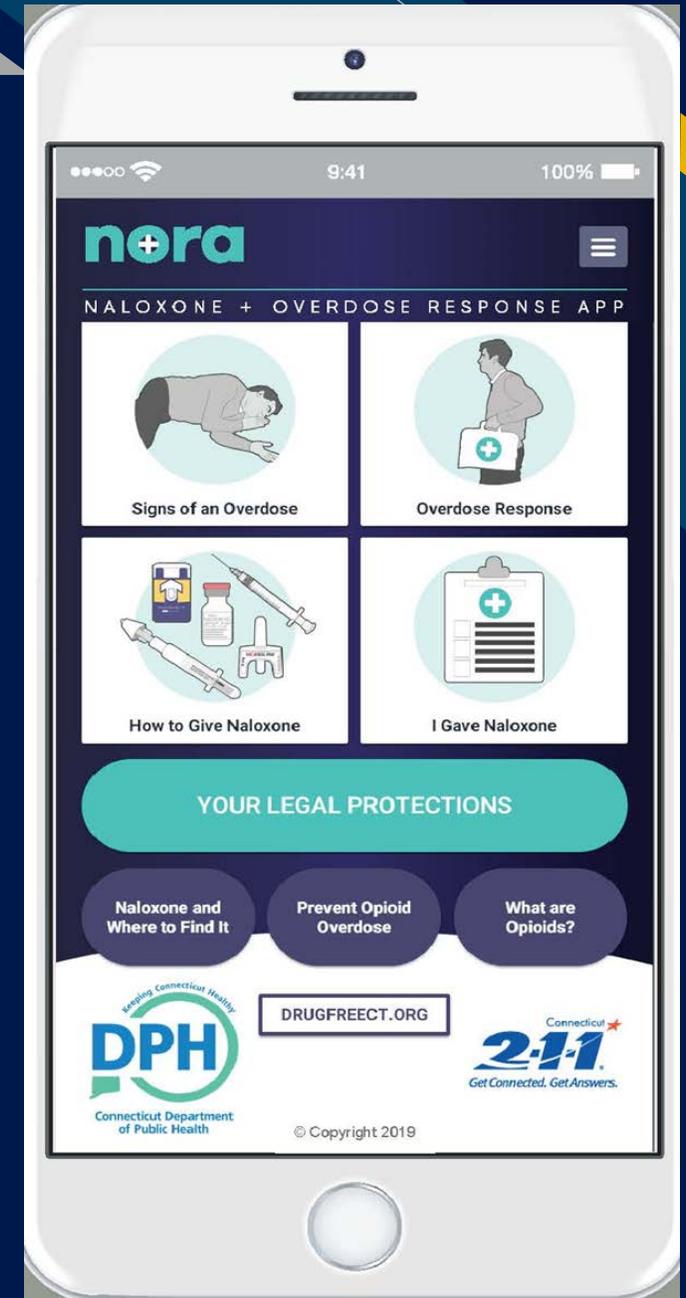
Information Available on the App

Your Legal Protections

- The Good Samaritan Law is reviewed with links to current laws related to the prevention of opioid overdoses.
- Calling 911 is stressed as the main intervention.

I Gave Naloxone

- We request that if a person gives naloxone, they report that back to DPH via an online survey.
- NORA only saves the web survey data for statistical purposes.



NORA's use in CT

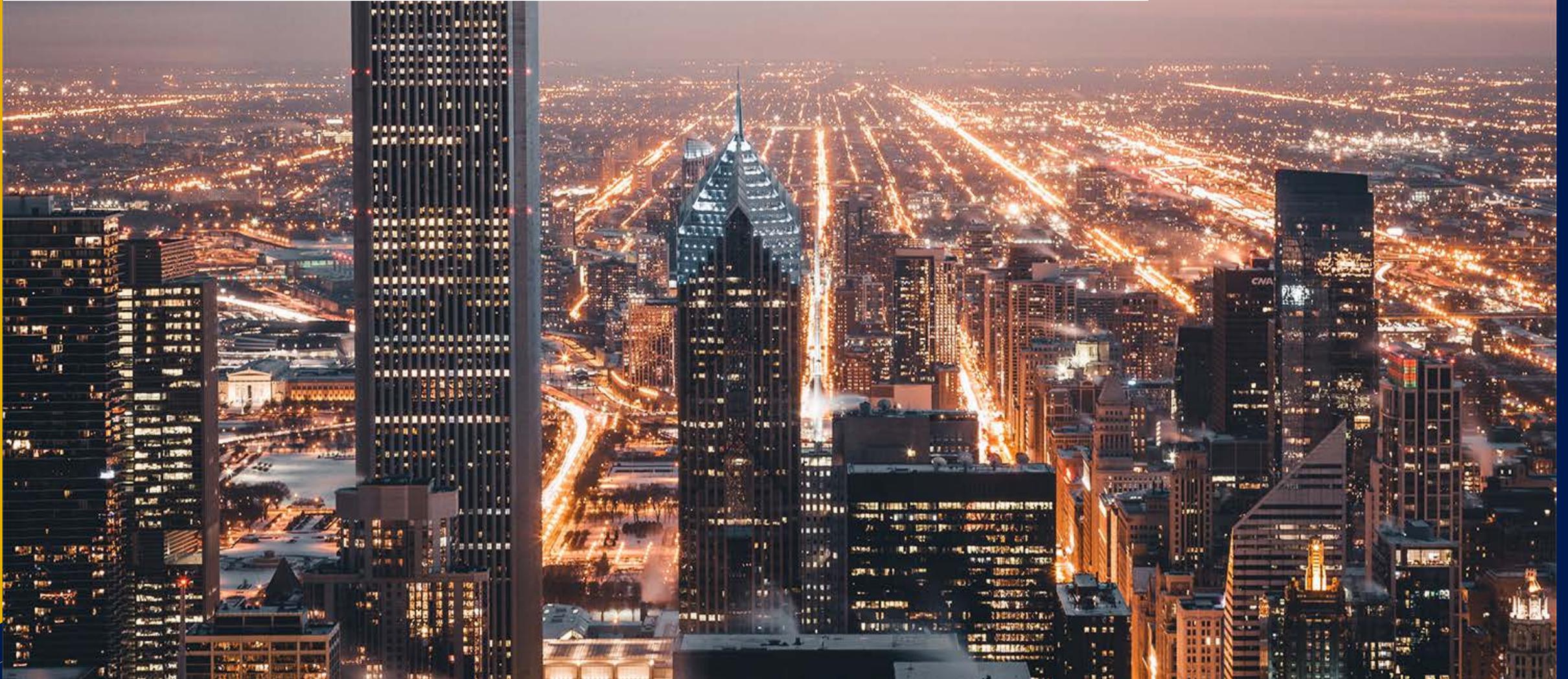
NORA was released publically on April 1, 2019.

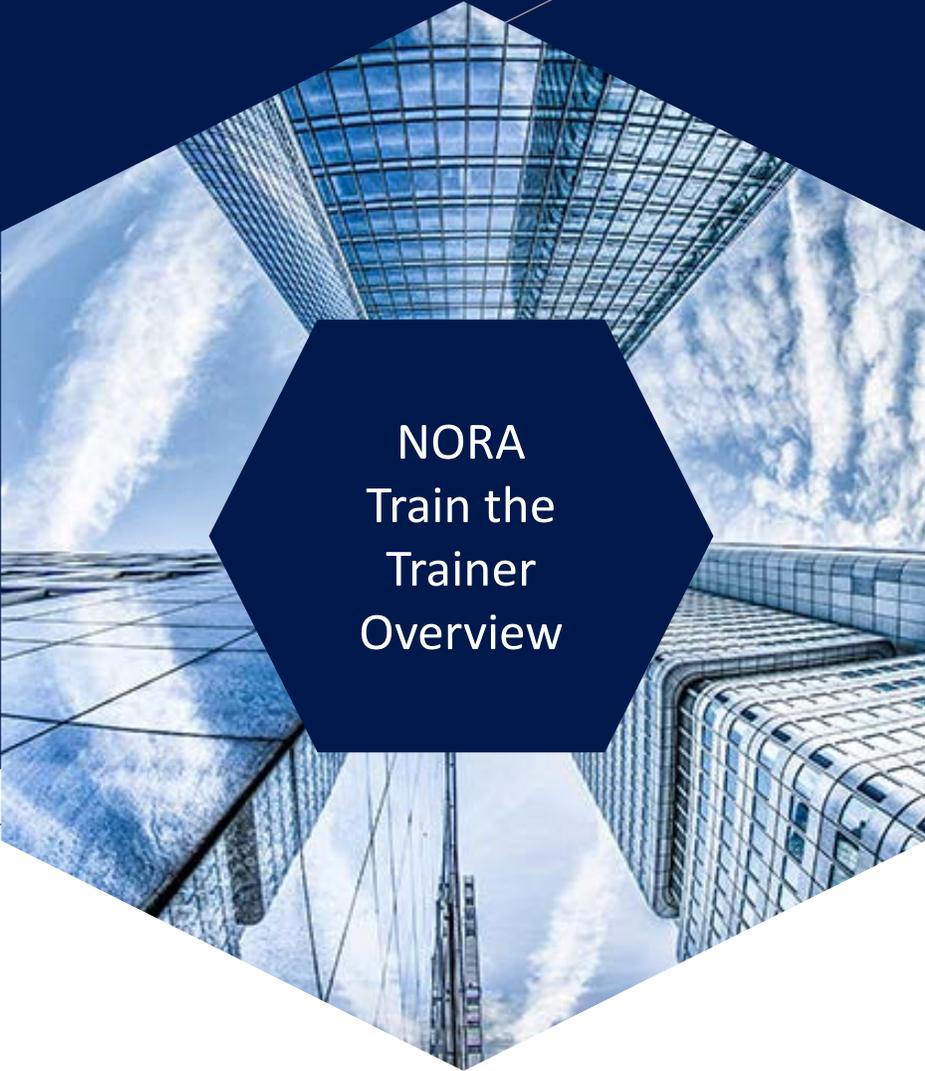
Local Health Departments	Department of Corrections MAT Programs	Public Defenders Office Investigators	Harm Reduction Groups	Local Pharmacies
Featured on CT.gov website	Press Conference held with Governor Lamont	Presentation for Legislators at LOB	Local Overdose Awareness Days	Recent Spike in Overdoses
Over 1,000 downloads	Most popular pages: Signs of an Overdose	Accessed from as far away as Boston, Washington DC, Nashville, & Washington state	Most popular on iPhone	Analytics shows increased use during spike

Next Steps

- Developing a PSA to be available statewide
- Translation to Spanish, then other languages
- Additional resources to promote its use displayed in public places

After a person has picked up a dose of naloxone or an overdose kit, there is no way to determine if and when they will encounter a person who has overdosed... Teach them about NORA to ensure they have the information before a crisis occurs.





NORA Train the Trainer Overview

Our “ask” of you...



Naloxone + Overdose Response App

Train the Trainer Overview



What is NORA?

NORA – Naloxone + Overdose Response App is a free app from the Connecticut Department of Public Health that provides information on opioids, recognizing the symptoms of a suspected opioid overdose, and instructions on administering naloxone when needed. Viewers can learn about trainings on naloxone use in CT as well as how to obtain it in their communities. Additional pages provide information on how to prevent an overdose, disposal and storage of medications, and links to treatment and recovery resources.

Why was it created?

People choose to be trained to use naloxone for a family member, friend, or in their community, but there is no way of knowing when they will need to use the prescription. The NORA app gives additional support in reviewing how and when to use naloxone as well as sharing information on opioids before a crisis occurs.

Training Objectives

- How to find the app at www.norasaves.com
- Recognize the signs of an opioid overdose and how to safely take the next steps to call for help (911)
- Review how to give the four types of naloxone
- Know how to fill (and refill) a naloxone prescription
- Review the Good Samaritan law
- Learn about additional resources for treatment and recovery

Emphasize opportunities to learn & share information

- Discuss how to dispose of leftover prescriptions in local drop boxes
- Instruct how to share that they used their naloxone through the app, so that the Connecticut Department of Public Health can help others in the future
- Encourage learning CPR

Lead discussions that review key points & encourage hands-on use

Ask participants to use their phones and access the pages being reviewed. Learners benefit from hands-on training.

Use group discussions to reassure participants

Listen and observe conversations to help address concerns and offer support.

For additional information about NORA, contact the Office of Injury & Violence Prevention at the Connecticut Department of Public Health. 860-509-8251 / DPH.OpioidSurveillance@ct.gov

Contact information:

Ramona Kubilius Anderson

Program Manager

Opioid & Prescription Drug Overdose Prevention Program

Office of Injury & Violence Prevention

Community, Family Health and Prevention Section

Connecticut Department of Public Health

410 Capitol Avenue, MS# 11HLS

Hartford, CT 06134-0308

Phone: 860-509-8060

Email: ramona.anderson@ct.gov

