



Jeremy Stelmack

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Practicum Site:
Narus Health
Nashville, TN

Practicum Site Supervisor:
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Narus Health: Integrating Patient-Focused Health with Financial Wellbeing

Program purpose: Narus Health is a healthcare case management company based in Nashville, Tennessee. Narus Health's mission is to reduce the physical, psychological, and logistical burdens of disease by providing patient advocacy, care coordination, skilled clinician oversight, and advanced analytics. Going into my practicum, my goals were to learn about a new and flourishing field of the healthcare industry while building skills in data management, analysis, and visualization.

Structure, design of program/project: Founded in 2015, Narus Health specializes in palliative care, data analytics and coding, business development, and administration. With a client base of primarily self-insured employers; other key stakeholders include the patients in the care coordination efforts. Many of my projects were related to demonstrating the value of our services to our clients, both from a financial and a clinical perspective. Throughout my experience, I would often be asked to complete separate projects ad hoc; juggling multiple responsibilities helped me improve my time management and organization skills.

Outcomes, evaluation, and final practicum products: I gained valuable skills in data management and coding (PostgreSQL), data visualization (Tableau), and practical application of my academic statistics training. Throughout my experience at Narus Health, I worked on a variety of projects; I often used my new data management and visualization skills to produce external status reports for clients, as well as reports for internal use. My final project was a return on investment (ROI) evaluation of the effect that Narus

Health's service has on the medical costs of enrolled patients. Using statistical skills learned in the MPH program (constructed an interrupted time series regression model using our claims data), I was able to demonstrate a positive ROI for our clients.

Interpretation: I enjoyed my practical experience with Narus Health, where I gained experience working in a dynamic environment and learning skills on the job. It was a challenge learning how to code while working through my projects, but it is a valuable skill and something I was surprised to find that I enjoy doing. I have completed the ROI model and have sent it for review; while waiting for approval, I am writing up my white paper. I intend to continue working with Narus Health through the end of the semester. I enjoy the work environment, the team's positivity, and the skill-building nature of the work.

