

# SUSSEX COUNTY is Our Specialty

# NICHE™

NURSES IMPROVING CARE FOR HEALTHSYSTEM ELDERS

Age-Friendly Health Systems

Committed to Care Excellence for Older Adults



## Delaware Mini Medical School

Est. 2009

**Logan Jarrell BSN, RN, GRN®, CDP®**

*NICHE – Age Friendly Coordinator, DAISY Award Coordinator, TULIP Award Coordinator*



# What is Nursing?

---

Nursing is a healthcare profession focused on the care of individuals, families, and communities to help them maintain or recover optimal health and quality of life

Nurses provide a wide range of services including:

- Assessing patients' health conditions
- Planning and delivering care
- Administering medications and treatments
- Educating patients and their families about health management
- Supporting patients emotionally and psychologically

Nursing combines scientific knowledge, practical skills, and compassionate care to promote health, prevent illness, and assist in recovery. It's a vital role in hospitals, clinics, community health settings, and many other environments

# Understand Why You Want to Be a Nurse

---

Nursing is more than “wanting to help people”

Ask yourself:

- *Do I enjoy problem-solving under pressure?*
- *Can I handle bodily fluids, long shifts, and emotionally intense situations?*
- *Do I see myself in a fast-paced, team-driven, and constantly changing environment?*

Having a clear personal "why" will carry you through the hard days

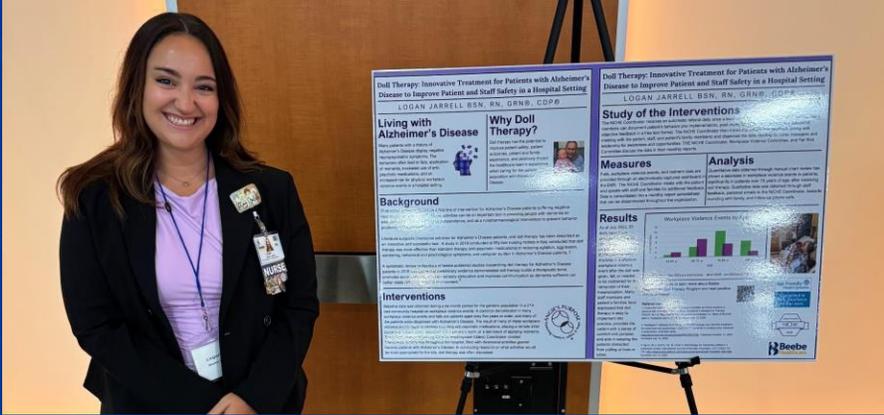


# Personal Timeline

---

- Why I became a nurse
- Previously volunteered at a nursing home in New Jersey
- Moved to Delaware from New Jersey – Summer 2014
- Graduated Cape Henlopen High School – Summer 2016
- Met my husband senior year of high school
- Purchased my first home – January 2024
- Married – October 2024





# Career Timeline

- Volunteer at Delaware Hospice – May 2018 through March 2019
- Worked for Griswold Home Care – May 2019 through December 2020
- Began nurse externship program at Beebe Healthcare – Summer 2020
- Graduated Delaware Technical Community College - December 2020 (ADN)
- Passed NCLEX – December 2020
- Started working at Beebe Healthcare as a RN – February 2021



# Career Timeline

---

- DAISY Award Nominee – July 2021
- Nominated for "New Graduate Nurse of the Year Award" – May 2022
- Became the chairperson for the Education & Professional Development Council – April 2023
- Graduated Delaware Technical Community College – August 2023 (BSN)
- Became one of the 5 Lynch charge nurses – August 2023
- Started my MSN at Wilmington University – January 2024
- Began position as NICHE Coordinator & became a GRN – March 2024
- Took on the role as the DAISY Award Coordinator – May 2025
- Took on the role as the TULIP Award Coordinator – September 2025





# What is NICHE?

- Designed to help hospitals & healthcare organizations address & improve the specialized needs of older hospitalized adults
- Education program that trains staff to be aware of & identify special considerations when caring for the elderly & serve as a resource for other members on their team
- Nurses are frontline advocates and educators for elder care in collaboration with physicians, therapists, pharmacists, & social workers
- Continuing education & expanding your knowledge is crucial in healthcare





# NICHE Coordinator Role

- Implementing NICHE program
- Staff education and training
- Data collection and reporting
- Collaborating with interdisciplinary teams
- Developing policies and protocols
- Advocating for elder care



# Why Age-Friendly Care Matters

---

- There are approximately 228,755 people living in Delaware who are age 60 & older
- About one in four Delawareans are age 60 & older
- By the year 2040, the older population will make up nearly 34% of the state's population
- Unique health challenges of older patients: multiple chronic conditions, frailty, cognitive changes
- Risks in hospital settings: falls, delirium, medication errors, functional decline
- 4 Ms Framework integration

Delaware Department of Health and Social Services.  
(2020). [https://www.dhss.delaware.gov/dhss/dsaapd/files/state\\_plan\\_on\\_aging\\_20\\_24.pdf](https://www.dhss.delaware.gov/dhss/dsaapd/files/state_plan_on_aging_20_24.pdf)



# Strategies for Improving Care of the Elderly

- ✓ Presented NICHE Program information at unit staff meetings, BMG, hospitalists staff meetings, volunteers, patient safety attendants, graduate nurses
- ✓ NICHE page on BeebeNet
- ✓ Host education sessions at senior centers, 55+ communities, the Moorings, the Lodge at Historic Lewes, the Lodge at Truitt Homestead
- ✓ Have designated therapeutic activity kits on all units of Beebe Healthcare
- ✓ Certified Dementia Practitioner (CDP) Certification with Delaware Hospice, GUIDE Program
- ✓ ECHO<sup>®</sup> Program (Care Navigation) through Alzheimer's Association



# Strategies for Improving Care of the Elderly

- ✓ Doll therapy program
- ✓ Featured on “Coast Life TV” for doll therapy program
- ✓ Hosted NICHE Webinar in June - NICHE Coordinator Championing Geriatric Care Across the Continuum
- ✓ Presented at STTI Lambda Eta Spring 2025 Evidence-Based Practice and Quality Improvement Conference on doll therapy program
- ✓ Senior Community Resource Guide
- ✓ Working on publishing doll therapy program
- ✓ Presented at the DONL 10th Annual Nursing Leadership Summit on doll therapy program

# DAISY & TULIP Award Coordinator Role

---

- Promote DAISY & TULIP Award program
- Manage nominations
- Coordinating the selection process
- Organizing award ceremonies
- Communicating with key stakeholders
- Maintaining records





# NICHE in Action: Doll Therapy Program

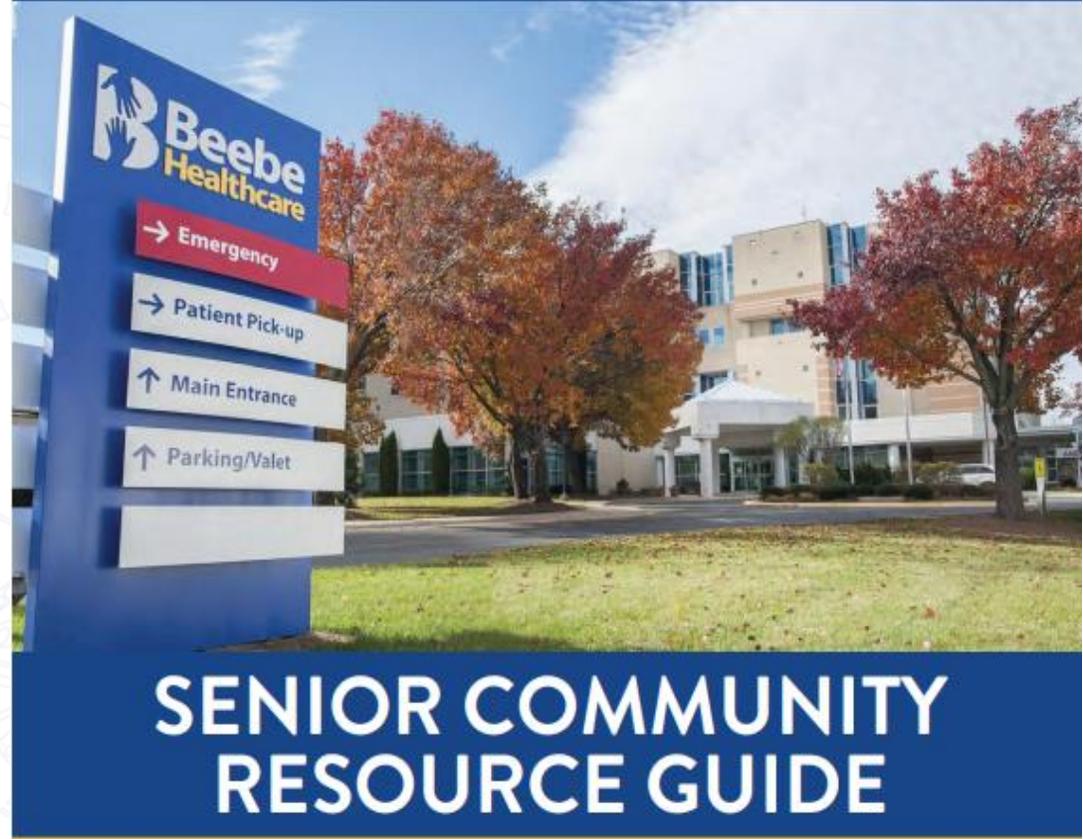
- Dolls are given to patients suffering from negative neuropsychiatric symptoms
- The dolls provide the patients with a sense of purpose & comfort
- Overall goals include improved patient outcomes, improved patient safety, improve the healthcare team's experience when caring for the dementia patient population, reduction in falls, physical workplace violence events, & restraint usage
- Since implementation, 72 dolls have been utilized hospital wide
- Out of the 72 patients, none of the patients (after the doll was given) resulted in a physical workplace violence event taking place, restraint application, & a fall for the remainder of their hospitalization





# NICHE in Action: Senior Community Resource Guide

- The purpose of this guide is to provide our community with local resources & to bring care to the community
- Our efforts make a positive difference in people's lives and underscore the value & continued presence of Beebe Healthcare's mission & vision



By: Logan Jarrell BSN, RN  
NICHE - Age Friendly Coordinator



# Careers in Nursing

---

- Too many to list!
- The beauty of nursing is you can do almost anything!
- Can work in a diversity of environments
- Meet with an academic advisor at your college of interest or with your current guidance counselor
- Go to a college open house or career fair

## Specialty Careers for Nurses: Top 35

1. [Certified Registered Nurse Anesthetist \(CRNA\)](#)
2. [Adult-Gerontology Nurse Practitioner \(AGNP\)](#)
3. [Certified Nurse Midwife \(CNM\)](#)
4. [Family Nurse Practitioner \(FNP\)](#)
5. [Women's Health Nurse Practitioner \(WHNP\)](#)
6. [Chief Nursing Officer \(CNO\)](#)
7. [Nurse Administrator](#)
8. [Nurse Attorney](#)
9. [Nurse Educator](#)
10. [Pain Management Nurse](#)
11. [Neonatal Nurse](#)
12. [Nurse Researcher](#)
13. [Pediatric Endocrinology Nurse](#)
14. [Legal Nurse Consultant \(LNC\)](#)
15. [Telehealth Nurse](#)
16. [Informatics Nurse](#)
17. [Travel Nurse](#)
18. [Dialysis Nurse](#)
19. [Infection Control Nurse](#)
20. [Nurse Case Manager](#)
21. [Cosmetic Nurse](#)
22. [Military Nurse](#)
23. [Geriatric Nurse](#)
24. [Psychiatric Nurse or Mental Health Nurse](#)
25. [Nurse Advocate](#)
26. [Orthopedic Nurse](#)
27. [Home Healthcare Nurse](#)
28. [Public Health Nurse](#)
29. [Medical-Surgical Nurse](#)
30. [Certified Lactation Counselor Nurse](#)
31. [Pediatric Nurse](#)
32. [Forensic Nurse](#)
33. [School Nurse](#)

# Tips for High School Students Interested in Becoming Nurses

---

- Take biology, chemistry, and anatomy & physiology if available
- Stay strong in algebra and statistics — they're important for understanding medications, labs, and research
- Classes like health sciences, psychology, or medical terminology can provide a strong foundation
- Maintain a strong GPA
- Get involved in extracurriculars
- Talk to a school counselor or local nurse
- Research programs, internships, externships, scholarships
- Ask about AP courses to get ahead in college
- Consider joining HOSA (Health Occupations Students of America) or similar clubs to explore healthcare careers

# Tips for High School Students Interested in Becoming Nurses

---

- Volunteer at hospitals, clinics, nursing homes, or blood drives
- Ask to shadow a nurse to see the day-to-day responsibilities
- Learn about different nursing roles
- Research local nursing schools, BSN programs, or direct-entry programs
- Look at admission requirements so you're prepared (GPA, prerequisites, entrance exams like TEAS)
- Work towards a Certified Nursing Assistant or Medical Assistant Certification
- Get hands on experience
- Build soft skills (empathy, communication, time management)
- Practice being a good listener, working with diverse groups, and staying calm under pressure

# Personal Advice

---

- You will deal with death, trauma, pain, and burnout
- Learn to set boundaries, process emotions in healthy ways, and ask for support when needed
- Talk to working nurses and ask about their path and advice
- Be open to feedback, willing to adapt, and stay focused on your goal



# Personal Advice

---

- Nursing is challenging but incredibly rewarding. If you're passionate about helping others, solving problems, and making a real impact—you're already on the right path
- Nursing looks very different in real life than on TV. Direct exposure helps you decide if it's really for you
- You don't need to have everything figured out right now. Just keep learning and taking small steps forward
- Never forget your "why"



As Nurse, we have the opportunity to heal the mind, soul, heart and body of our patients. Their families and ourselves. They may forget your name but they will never forget how you made them feel.

**Maya Angelou**

# Questions?

---

Email: [ljjarrell@beebehealthcare.org](mailto:ljjarrell@beebehealthcare.org)

Good luck to all of you! 😊



"The future belongs  
to those who  
believe in the beauty  
of their dreams."