



# NPG Nurses' Professional Group

A Professional Group of the American Society  
for Reproductive Medicine

December 2021

## *Announcements*

*New this month:* The return of our NPG Newsletter

*Register Now:* ARM & NPG National Meeting, March 11 – 12, 2022 | Atlanta, GA

*Coming Soon:* Let's Connect! A chance for NPG members to gather and make connections.

## *Inside This Issue*

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Catching up with a message from the board and a call to action

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Focus on you: career checkup, boundaries, and setting goals for the new year

### **PG. 4**

Thank you for all you do

## Message From the Board

Dear NPG Members,

We do thank you for your NPG membership and hope to engage with you and bring additional richness to your career and insights to your experience. A special shout out to our new members! We are so excited to see what you will bring to this group and look forward to your accomplishments!

The board would like to celebrate an incredibly successful ASRM conference. From roundtables, to presentations, to networking – we are so proud of everyone's contributions. We're already looking forward to (and planning for!) ASRM 2022.

In our recent board meetings, we discussed the return of this newsletter, reviewed research support requests from NPG members, and are involved in new nursing upgrades and changes to our learning systems. We are also excited to announce a new monthly opportunity to engage with NPG: *Let's Connect*. Be on the lookout for emails about this fun opportunity to connect with our board members on different topics!

Happy Holiday Season & New Year!

*NPG Board Members*



## NPG Officers

PATRICIA HERSHBERGER, Ph.D., R.N., FNP-BC, FAAN *Chair*  
MEGHAN PIERCE, B.S.N. *Chair Elect*  
CAITLIN HEBERT, B.A., B.S.N *Vice Chair*  
MARTY GEBHART, D.N.P., N.P., R.N.F.A *Immediate Past Chair*  
ROBIN SCOTT, M.S.N., N.P *Past Chair*  
TAMARA TOBIAS, A.R.N.P. *Emeritus Advisor to the Board*

## NPG Committee Chairs

ANN SCALIA, R.N., B.S.N. *Abstract/Research Committee*  
CAITLIN HEBERT, B.A., B.S.N *E-Communications & Content Review*  
MARTY GEBHART, D.N.P., N.P., R.N.F.A *Nominating Committee*  
TAMARA TOBIAS, A.R.N.P. *Advanced Practice Provider Committee & Scientific Program Committee*

## NPG Representatives to Other Committees

TAMARA TOBIAS, A.R.N.P. *ASRM Membership Committee (2021-24)*  
ROXANNE BUCKMASTER, B.S., R.N. *ASRM Patient Education (2019-22)*  
ELEANOR STEVENSON, Ph.D., R.N. *SART Representative (2019-22)*

MEGAN MILLER *Member Services Administrator, ASRM*

## *Call to Action*

The Nurses Professional Group (NPG) is composed of nurse members of ASRM. The NPG's mission is to increase knowledge through education and research among professional nurses, support personnel and allied health professionals as a means of improving patient care. We are also committed to providing a forum for networking and promoting the exchange of ideas.

We had a great response to our call for volunteers at our recent new committee members orientation. It was so wonderful talking to you about opportunities within the organization.

If you are interested in participating in a committee, you can reach to the committee chair (see box above) or our member services administrator Megan Miller ([mmiller@asrm.org](mailto:mmiller@asrm.org)) to get additional information.



## Career Checklist

If 2020 was the year of the nurse, what does that mean for nurses in 2021? This year was a year of whiplash: one minute it looked like pandemic life may be coming to an end, only for Delta to surge and make us re-evaluate. This evaluation has extended to our professional lives, and we can use the lessons from this year to help us find relevancy and meaning as we continue our journey into 2022.

Though there may have been bumps in the road the last couple of years (closed clinics, low staffing, personal stresses), you are here, and you have made it to the end of 2021. Feel free to use the following prompts as a way to give yourself a career check-in and reflect.



What have I done this year that I am proud of?

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Does my career align with my values?

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Who in my network can I look to mentor me or who can I mentor?

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What new skills have I developed or learned in the past 2 years?

## Boundaries

Compassion fatigue is a common concern for the nurse in the infertility space. One tool in the self-care toolbox is the setting of boundaries. Boundaries help us by setting and maintaining expectations for those around us: co-workers, and patients.

Take a moment to examine behaviors (picking up extra shifts, working overtime, doing things outside of your job scope) and ask yourself if those behaviors are serving you. Are you taking care of yourself? We know you want to be there for your practice or your team, but are you being there for yourself too?

Infertility care inherently requires intimacy and trust between the nurse and patients, and that can make setting boundaries difficult. It's helpful to set boundaries from the very beginning of the relationship. For the patient who is calling you 6+ times in a morning, consider, "I check my voicemail when I come into office, before lunch and after I call afternoon results. I return calls in order of urgency, but I will get back to you in 12 business hours."

## Setting Goals for the New Year

Just like reflecting on our past year is important, thinking about what we want our future to look like is key to finding success. As we move into what will hopefully be a bright 2022, take a moment to think about what you would like your next year to look like. Do you want to take on a new challenge at work? Continue your education? Move into a management position?

Maybe you are not sure what you want – that's okay too! Maybe your goal for the new year is to talk to people in your network about what they like about their jobs and what opportunities are out there. Don't forget about the NPG job board and NPG networking events- these are great opportunities to talk to other people who are in your field!



# Thank You

“As the incoming NPG Chair, I want to thank each and every one of the NPG members for serving on the NPG Board or one of the NPG committees. I would like to express my sincere gratitude to each of you. I also want to thank everyone for helping with my transition to the Chair position. I look forward to working with everyone to support the *fabulous* nurses in the fertility field so that we can continue to improve the health and health care of our patients.”

From Dr. Patricia Hershberger

“Thank you to the NPG Program Planning Committee for organizing topics and speakers for the 2022 ASRM Scientific Congress:

- Tamara Tobias, WHNP-BC, ARNP
- Kriston Ward, MSN
- Stefanie Tyler, DNP, WHNP-BC
- Elizabeth Sanderman, BSN, MPH, NP”

From Tamara Tobias

“Thank you to the following individuals for their work for the Nursing Abstracts 2021:

2021 Abstract Reviewers for Nurses Professional Group

- Ellen Tougias BSN, RN
- Monica Moore, MSN, NP
- Erin Yontz B.A., M.S.N.
- Bethany Leah Johnson, BSN

An additional thank you and acknowledgment of 2021 Oral Abstract Session Moderators nominated if needed

- Patricia Hershberger, Ph.D., R.N., FNP-BC, FAAN
- Stefanie Nelson Tyler, DNP, WHNP-BC”

From Ann Scalia

If you would like to thank someone, reach out to [Caitlin.Hebert@sgfertility.com](mailto:Caitlin.Hebert@sgfertility.com) to see your thank-you in the newsletter!

## Get out the word!

### Tell Tool:

An important research study is underway to learn whether a new digital tool can help parents tell their children about their donor-conception origins. Parents can learn more, view a 3-minute informational video, and contact board Chair Dr. Hershberger directly or by filling out the form at [TELL-Tool.com](http://TELL-Tool.com).

### Q Boost:

We are looking for Q-boost question writers-related to nursing! This is a great way to dabble in research, learn how to write test questions, and stay current with the literature. Reach out to any member of the board and we can get you into the right hands! 😊