

As you start treatment for your nontuberculous mycobacterial (NTM) lung disease it is important to understand what your goals for treatment are and how you will achieve them. The overarching goal for treatment is to achieve a “negative” sputum culture and maintain treatment for 12 months to reduce the chance of recurring infection.

## How to use this worksheet:

1. Spend some time thinking about what is most important to you.
2. Ask your healthcare provider to complete the worksheet with you to help with your understanding of your customized treatment plan.
3. Use the questions below as conversation starters.

How NTM is treated depends on the type of organism causing the infection, the severity of your symptoms and your health history. Treatment of NTM lung disease varies from person to person and can last 12 months or longer.

## What are your treatment goals?

### My Treatment Goals

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Help your doctor understand your treatment preferences** by circling what is most important to you during the treatment of your NTM lung disease.

1. Achieving a “negative” sputum culture.
2. Controlling my symptoms.
3. Maintaining a good quality of life.

## Assessing and Monitoring Self-Management: What treatment techniques are you currently using or plan to use?

### Medications and Treatment Techniques

(including airway clearance techniques such as chest percussion, postural drainage, controlled cough)

Medication/ Treatment	How Often	Potential Side Effects	Benefits	Duration of Treatment or Medication

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## Managing Your Side Effects

The medications you are taking to treat your NTM lung disease may have side effects. Some of the side effects may include fatigue, vomiting, diarrhea, increased cough, temporary loss of voice, loss of appetite, and hearing or vision changes. Keep track of your side effects and discuss with your health care provider the best ways to manage the side effects. Talk to your health care provider before you stop taking any medication.

Side Effects	How To Manage

## Protect Your Lungs

Taking care of your lungs is extremely important to your recovery, especially if you also have a chronic lung disease such as COPD or another chronic disease such as autoimmune diseases.

Activity	How Are You Doing This
Maintain a well balanced diet	
Physical activity/Ways to Stay Active	
Avoid tobacco or woodstove smoke and other lung irritants	
Wear a dust mask when doing yard work	
Connecting with others for emotional support	
Raise water heater to 130°	

## Stay up to date on vaccinations. Record your vaccinations here.

Vaccination	Date
Influenza (Flu)	
COVID-19	
<i>Ask your health care provider what other vaccinations are recommended for you.</i>	

The American Lung Association is collaborating with Insmmed Incorporated to share new resources about NTM lung disease. Learn more at [Lung.org/NTM](https://Lung.org/NTM).