# NASA's Human System Risk Management

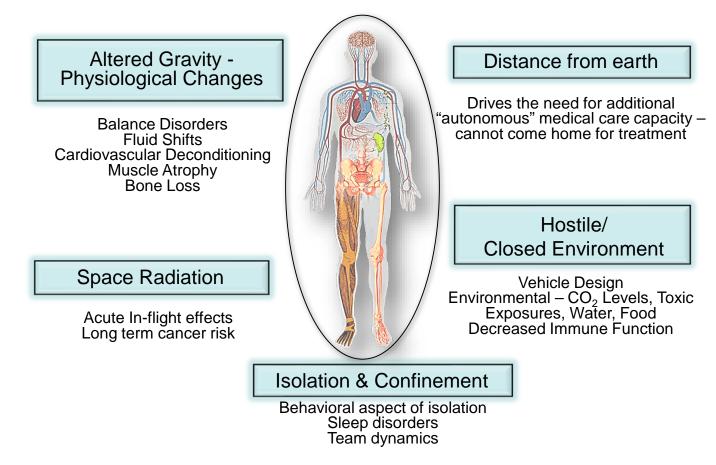
**Needs Based Implementation of Space Health Innovation** 

Erik Antonsen MD, PhD, FAAEM, FACEP Assistant Director, Human Health and Performance Human Systems Risk Management NASA Johnson Space Center

- Understand NASA's strategies for optimizing Astronaut health.
- Learn how NASA establishes Risk and Countermeasure priorities.
- Hear how promising technologies "Transition to Ops".

The goal of this talk is to give an overview of how NASA approaches Human System Risks and how that can help inform your work as Innovators

# Human System Hazards – where Risks come from



### Summary of Human Risks of Spaceflight Grouped by Hazards – 30 Human Risks

### <u>Altered Gravity Field</u>

- 1. Spaceflight-Induced Intracranial Hypertension/Vision Alterations
- 2. Renal Stone Formation
- Impaired Control of Spacecraft/Associated Systems and Decreased Mobility Due to Vestibular/Sensorimotor Alterations Associated with Space Flight
- 4. Bone Fracture due to spaceflight Induced changes to bone
- 5. Impaired Performance Due to Reduced Muscle Mass, Strength & Endurance
- 6. Reduced Physical Performance Capabilities Due to Reduced Aerobic Capacity
- 7. Adverse Health Effects Due to Host-Microorganism Interactions
- 8. Urinary Retention
- 9. Orthostatic Intolerance During Re-Exposure to Gravity
- 10.Cardiac Rhythm Problems
- 11.Space Adaptation Back Pain

Concerns

#### 1. Venous Thromboembolism

<b>Radiation</b>

- 1. Adverse Health Outcomes and Performance Decrements resulting from Space Radiation
  - Exposure(cancer, cardio & CNS)
- 2. Injury from Sunlight Exposure

### Distance from Earth

- Adverse Health Outcomes & Decrements in Performance due to inflight Medical Conditions
- 2. Ineffective or Toxic Medications due to Long Term Storage

### <u>Isolation</u>

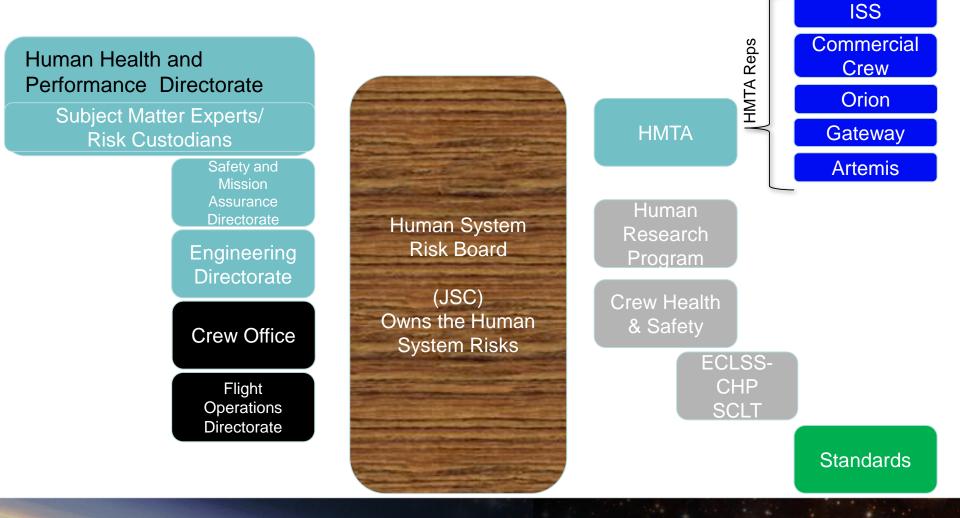
- Adverse Cognitive or Behavioral Conditions & Psychiatric Disorders
- Performance & Behavioral health Decrements Due to Inadequate Cooperation, Coordination, Communication, & Psychosocial Adaptation within a Team

# <u>Hostile/Closed Environment-</u> <u>Spacecraft Design</u>

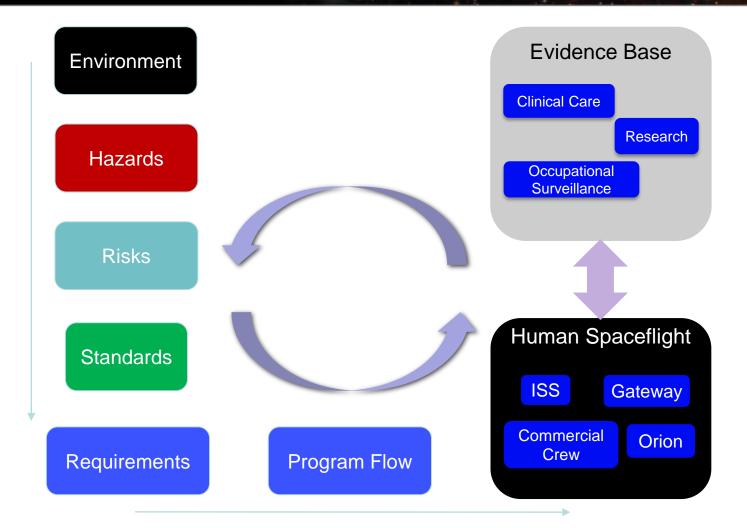
- 1. Acute and Chronic Carbon Dioxide Exposure
- 2. Performance decrement and crew illness due to inadequate food and nutrition
- 3. Reduced Crew Performance and of Injury Due to Inadequate Human-System Interaction Architecture (HSIA)
- 4. Injury from Dynamic Loads
- 5. Injury and Compromised Performance due to EVA Operations
- 6. Adverse Health & Performance Effects of Celestial Dust Exposure
- 7. Adverse Health Event Due to Altered Immune Response
- 8. Reduced Crew Health and Performance Due to Hypobaric Hypoxia
- Performance Decrements & Adverse Health Outcomes Resulting from Sleep Loss, Circadian Desynchronization, & Work Overload
- 10. Decompression Sickness
- 11. Toxic Exposure
- 12. Hearing Loss Related to Spaceflight
- 13. Crew Health Due to Electrical Shock

# Who Cares about Risk?

- Stakeholders sit at the Human System Risk Board (HSRB)
- Human System Risks are owned by Health and Medical TA



# The Big Big Picture



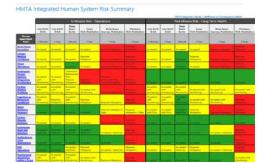
# What Drives Risk in Missions?

### • Time (mission duration) and environmental exposures

- Gravity Environment
- Radiation Environment
- Medical Conditions
- Distance from earth
  - Real-time Communications vs. store and forward communications
  - Time to definitive care (evacuation)
  - Consumables Resupply
- Vehicle resource constraints (mass, power, volume, data)
- Vehicle Habitable Volume and Capability
- Crew selection and assignment
- High Risk Activities
- Agency or Company Risk Tolerance

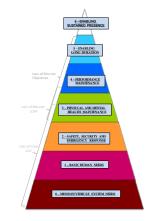
DRM Categories	Mission Type and Duration	Gravity Environment	Radiation Environment	Vehicle/Habitat Design	Earth Return	
Low Earth	Short (<30 days)	Microgravity	I FO-Van Allen	Mid-sized volume, resupply	1 day or less	
Orbit	Long (30 days to 1 year)	Microgravity	LEO-Van Allen	Mid-large optimized volume, resupply	1 day or less	Crew
Lunar Orkital	Short (<30 days)	Microgravity	Deep Space-Van Allen	Small volume, self contained, limited resupply	3-11 days	
Lunar Orbital	Long (30 days to 1 year)	Microgravity	Deep space	Mid-sized, self contained, limited resupply	3-11 days	Gateway,Orion
Lunar Orbital	Short (<30 days)	Microgravity & 1/6 g	Deen Snace-Van Allen	Small volume, resupply	3-11 days	
+ Surface	Long (30 days to 1 year)	Microgravity & 1/6 g	Deep space	Mid-large optimized volume, limited resupply	3- 11 days	Artemis
	Preparatory (<365 days)	Microgravity	Deep Space	Midsized optimal volume, limited resupply, closed loop environment	Days-Weeks	
Mars	Planetary (365 days to 3 years)	Microgravity & 3/8 g		Midsized optimal volume, no resupply, closed loop environment	Mission duration	

• Risk Color



What are the top risks?

It depends on all these factors as well as the mission you are concerned with.  Risk Dependency and Interdependency

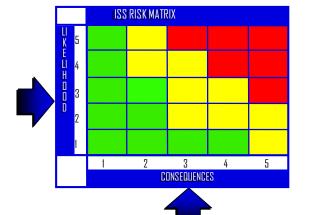


• Risk Need Date

NASA Life-	Approvation Formulation Approvation Implementation										
Project	Pre-Phase A		Phase B:	Phase C:	Phase D:	Phase E:	Phase F				
Life-Cycle	Concept Studies	Concept & Technology	Preliminary Design &	Final Design &	System Assembly, Integration & Test,		Closeout				
Phases		Developmen	Technology	Fabricatio	Launch & Checkout						
Project		<u>t KDP B</u>			V <u>kdp e</u> √	KDP F	7				
Life-Cycle	Δ				Δ						
Gates & Reviews	MCF	R SRIEDR	R PDR	CDR SI	R ORR FRR						

# **Communicating with Spaceflight Programs**

Li	Likelihood Rating								
5	Very Likely	Expected to happen in the life of the program Controls are missing or insufficient							
4	Likely	Likely to happen in the life of the program Controls have significant limitations or uncertainty							
3	Possible	Could happen in the life of the program Controls exist, with some limitations or uncertainty							
2	Unlikely	Unlikely to happen in the life of the program Controls have minor limitations or uncertainty							
1	Highly Unlikely	Extremely remote possibility that it will happen in the life of the program Strong controls in place							





Consequence Rating	1	2	3	4	5
Mission Success / Operational Performance (Technical)	Minor impact to mission objectives Nominal Execution of Mission Minor reduction in performance Minor impact to design or operating margins	Failure to meet any single mission objective Operating in a degraded state Moderate reduction in performance Can handle within design or operating margins Damage to non-critical system, element, ground facility, function, or emergency system	Significant impact to mission objectives Operational Workarounds available Significant reduction in performance Significant loss of design or operating margin Loss of any non-critical system, element, ground facility, or function Loss of emergency system	Loss of multiple mission objectives Major increase in flight operations timelines or complexity Major degradation in performance Loss of all design or operating margin Damage to critical system, element, ground facility, or function Planned De-Crewing	Loss of entire mission No alternatives exist Loss of ISS or any critical system, element, major ground facility or function ISS in a condition which prevents rendezvous/docking operations Emergency Evacuation
Safety	Minor injury or illness with no medical attention required	Injury or illness with medical attention required	Significant or long-term injury, illness, incapacitation or impairment Non-disabling Injury	Permanent injury, impairment or incapacitation	Loss of Life Disabling injury
Cost - Score by cost of mitigating risk	Minimal impact (<\$100K) or 0 < cost impact ≤ 2.5% increase	Moderate impact (\$100K up to \$1M) or 2.5% < cost impact ≤ 5% increase	Significant impact (\$1M up to \$10M) or 5% < cost impact ≤ 7.5% increase	Major impact (\$10M up to \$50M) Or 7.5% < cost impact ≤ 10% increase	Major impact (> \$50M) Or Cost impact > 10% increase
Schedule	Minor impact to project schedule	Can handle with schedule reserve, no impact to key project milestone or critical path	Project milestone slip No impact to Program critical path	Impact to Program milestone and/or Program critical path	Cannot meet program critical path milestone(s)

<u>Note</u>: Risk management is a communication system where a *qualitative* score can help in understanding for a risk. Significant resources should not be spent scoring a risk. Score is relative to the risk's highest

### **Defining Human System Risks**

Consequence Mission Health and Performance (OPS)					L	Consequence ong Term Health (post mission) (LTH)
Death or permanently disabling injury to one or more crew (LOC) OR Severe reduction of performance that results in loss of most mission objectives (LOM)	High	1 x 4	2 x 4	3 x 4	High	Unknown and improbable return to baseline (requires drastic intervention surgery & therapy) OR Major impact on quality of life (permanent reduced function, premature death)
Significant injury, illness, or incapacitation – may affect personal safety OR Significant reduction in performance results in the loss of some mission objectives	Medium	1 x 3	2 x 3	3 x 3	Medium	Return to <u>near</u> baseline requires extended medical intervention w/ known clinical methods/technologies (pharmaceuticals, etc.) OR Moderate impact on quality of life
Minor injury/illness that is self-limiting OR Minor impact to performance and operations- requires additional resources (time, consumables)	Low	1 x 2	2 x 2	3x2	Low	Return to baseline values within 1 year with nominal intervention (time, exercise, nutrition, lenses) OR Negligible effect on quality of life
Temporary discomfort OR Insignificant impact to performance and operations - <u>no</u> additional resources required	Very Low	1 x 1	2 x 1	3 x 1	Very Low	Return to baseline values within 3 months with <u>limited</u> intervention OR No effect on the quality of life
CM = Countermeasure		<b>Low</b> ≤0.1 %	Medium <1 %	<b>High</b> ≥1.0%		<b>Quality of Life</b> is defined as impact on day to day physical and mental functional capability and/or lifetime loss of years
LOC = Loss of Crew LOM = Loss of Mission		Lik	celiho	bod		11

# **Big Picture of Risks?**

#### HMTA Integrated Human System Risk Summary

			In Mis	sion Risk - Ope	erations	DRM Categories Details   Likelihood vs Consequence Matrix Post Mission Risk - Long Term Health							
	Low Earth Orbit	Low Earth Orbit	Deep Space Sortie	Lunar Visit /Habitation	Deep Space	Planetary Visit /Habitation	Low Earth Orbit	Low Earth Orbit	Deep Space Sortie	Lunar Visit /Habitation	Deep Space	Planetary Visit /Habitation	
Human Spaceflight Risks	6 Months	1 Year	1 Month	1 Year	1 Year	3 Years	6 Months	1 Year	1 Month	1 Year	1 Year	3 Years	
Renal Stone Formation	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	
Inflight Medical Conditions	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Requires Mitigation	Requires Miligetion	Requires Mitigation	
Vision Alterations	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	
Inadequate Human Systems Integration Architecture	Accepted with Monitoring	Accepted with Monitoring	+Standard Refinement; May Require Mittartion	Requires Mitaction	Standard Rafinement, May Require Mitigation	Requires Mitication	Accented	Accepted	Accepted	Accepted	Accepted	Accepted	
Cardiac Rhythm Problems	Accepted with Monitoring	Accepted with Monitoring	Accepted with Manitoring	Accepted with Monitoring	Requires Mitigation	Requires Mitigation	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	
Cognitive or Behavioral Conditions	Accepted with Monitoring	Requires Mitigation	Accepted with Monitoring	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Requires Mitigation	
Space Radiation Exposure	Accepted	Accepted	Accepted	Accepted	Requires Mitigation / Data	Requires Mitigation / Data	Accepted with PELs	Accepted with PELs	Accepted with PELs	Requires Mitigation	Requires Mitigation	Requires Mitigation	
Carbon Dioxide Exposure	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	
Inadequate Food and Nutrition	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted / Optimize	Requires Mitigation	
Ineffective or Toxic Medications	Accepted	Accepted	Accepted Accepted /	Accepted Requires	Accepted	Requires Mitigation Requires	Accepted	Accepted	Accepted Accepted /	Accepted Requires	Accepted	Requires Mitigation	
Operations	Accepted	Accepted	Optimize	Miligation	Accepted / Optimize	Mitigation	Accepted	Accepted	Optimize	Mitigation	Accepted / Optimize	Mitigation	
Psychosocial Adaptation within a Team	Accepted with Monitoring Accepted /	Accepted with Monitoring Accepted /	Accepted with Monitoring Accepted /	Accepted with Monitoring	Requires Mitigation	Requires Mitigation	Accepted Accepted /	Accepted Accepted /	Accepted Accepted /	Accepted	Accepted	Accepted with Monitoring	
Bone Fracture	Accepted / Standard Refinement	Accepted / Standard Refinement	Accepted / Low Probability	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Standard Refinement	Accepted / Standard Refinement	Accepted / Lose Probability	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	
injury from Dynamic Loads	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Requires Mitigation	Requires Mitigation	
Hypobaric Hypoxia	Requires Mitigation / Data	Requires Mitigation / Data	Accepted with Monitoring	Requires Mitigation / Data	Requires Mitigation / Data	Requires Mitigation / Data	Requires Mitigation / Data	Requires Nitigation / Data	Accepted	Requires Mitigation / Data	Requires Mitigation / Data	Requires Mitigation / Data	
Sleep Loss	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	
Toxic Exposure	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted	Accepted	Accepted	Accepted	Accepted with Monitoring	Accepted with Monitoring	
Alternd Immune Response	Accepted with Monitoring	Accepted with Monitoring	Accepted with Manitoring	Accepted with Monitoring	Accepted with Manitoring	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	
Host- Microorganism Interactions	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Manitoring	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	
Sensorimotor Alterations	Accepted / Standard Refinement	Accepted / Standard Refinement	Accepted / Standard Refinement	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	
Reduced Muscle Mass, Strength Reduced	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	
Aerobic Capacity	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	

#### HMTA Integrated Human System Risk Summary

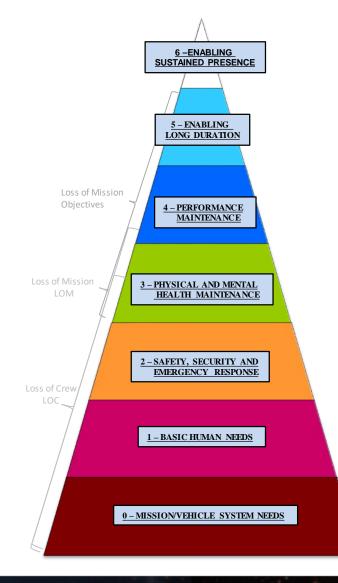
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Related to Spaceflight	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring
Injury from Sunlight Exposure	Accepted / Low Probability	Accepted / Low Probability	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Electrical Shock	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Urinary Retention	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Decompression Sickness	Accepted	Accepted	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Orthostatic Intolerance	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted / Optimize	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Back Pain	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted	N/A	N/A	N/04	N/A	N,OA.	N/A
Celestial Dust Exposure	N/A	N/A	TED	Accepted	TBD	TBD	N/A	N/A	TED	Accepted	TBD	TBD
CLOSED - Intervertebral Disc Damage	N/A	NJA.	N/A	N/A	N/A	N/A.	N/A	N/A	N,04	N/A.	N/A	N/A.

# **Big Picture of Risks?**

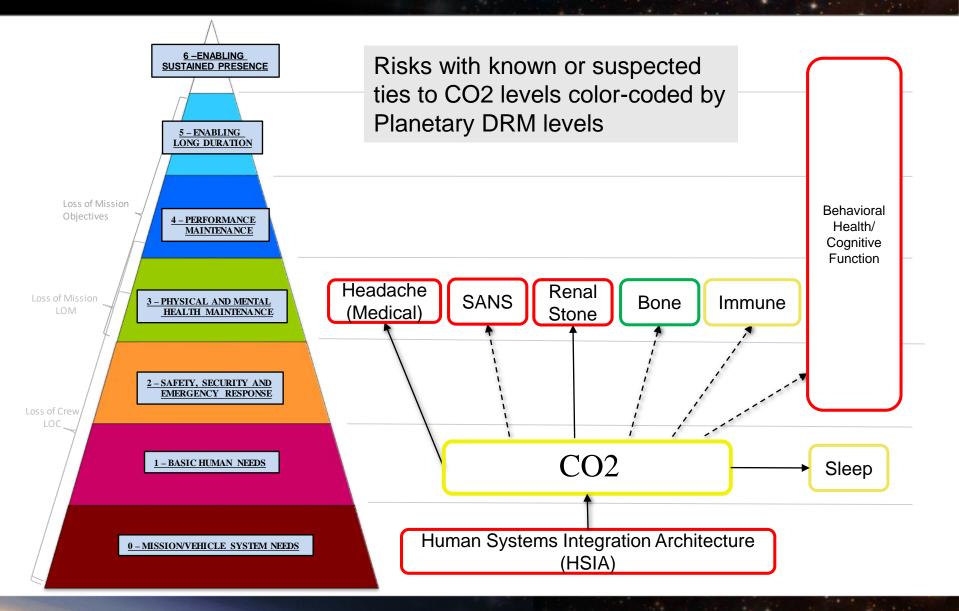
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Inflight Medical Conditions	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Requires Mitigation
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Cognitive or Behavioral Conditions	Accepted with Monitoring	Requires Mitigation	Accepted with Monitoring	Requires Mitigation	Requires Mitigation	Requires Mitigation	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Requires Mitigation
Space Radiation Exposure	Accepted	Accepted	Accepted	Accepted	Requires Mitigation / Data	Requires Mitigation / Data	Accepted with PELs	Accepted with PELs	Accepted with PELs	Requires Mitigation	Requires Mitigation	Requires Mitigation
Carbon Dioxide Exposure	Accepted	Accepted	Accepted	Accepted	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted
Inadequate Food and Nutrition	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Accepted / Optimize	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted / Optimize	Requires Mitigation
Ineffective or Toxic Medications	Accepted	Accepted	Accepted	Accepted	Accepted	Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Mitigation
EVA Operations	Accepted	Accepted	Accepted / Optimize	Requires Mitigation	Accepted / Optimize	Requires Mitigation	Accepted	Accepted	Accepted / Optimize	Requires Mitigation	Accepted / Optimize	Requires Mitigation
Psychosocial Adaptation within a Team	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Accepted with Monitoring	Requires Mitigation	Requires Mitigation	Accepted	Accepted	Accepted	Accepted	Accepted	Accepted with Monitoring

# **Objectives Hierarchy**

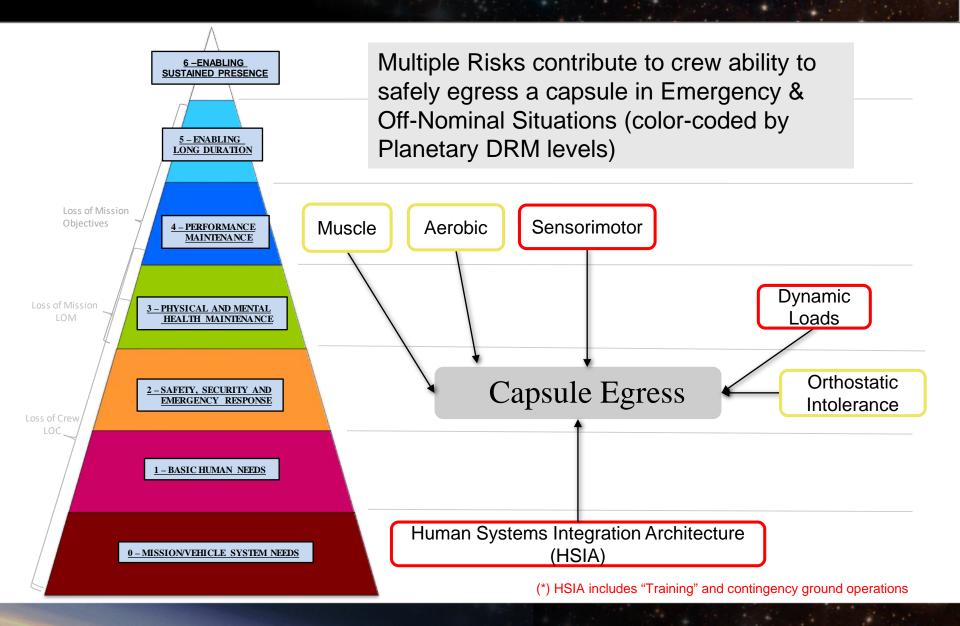
Risks in fundamental categories should be prioritized higher than those in dependent categories



# **Risk Dependency**



# **Risk Interdependency – Operational Endpoints**



# Capsule Egress



# Capsule Egress

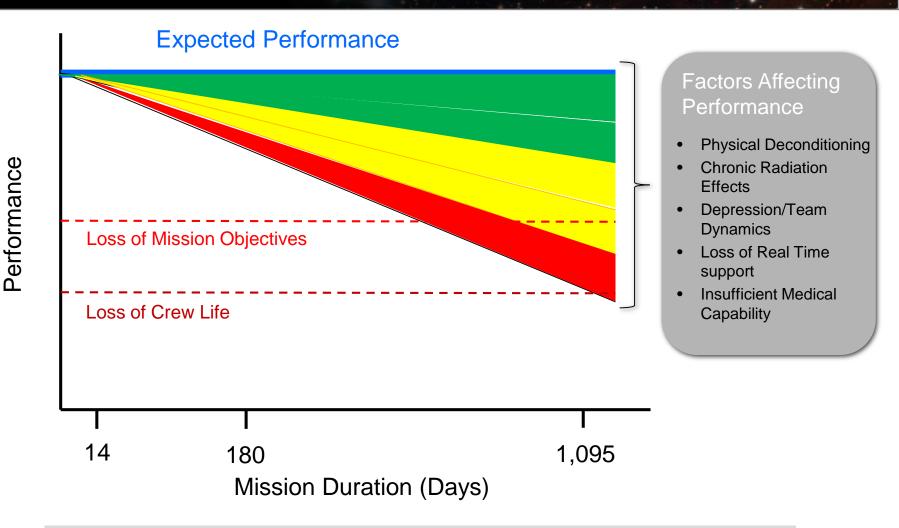








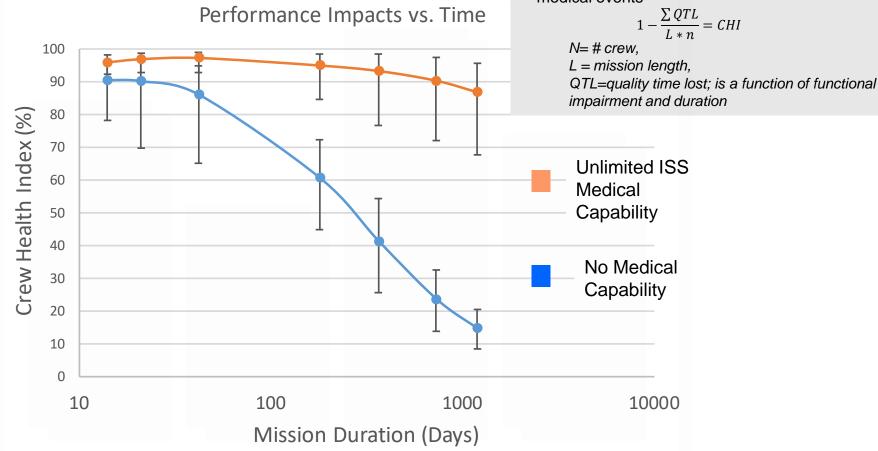
# Risks to Health & Human Performance won't occur in isolation



Where are the red lines and when will we hit them?

# **Expected Performance Impacts**

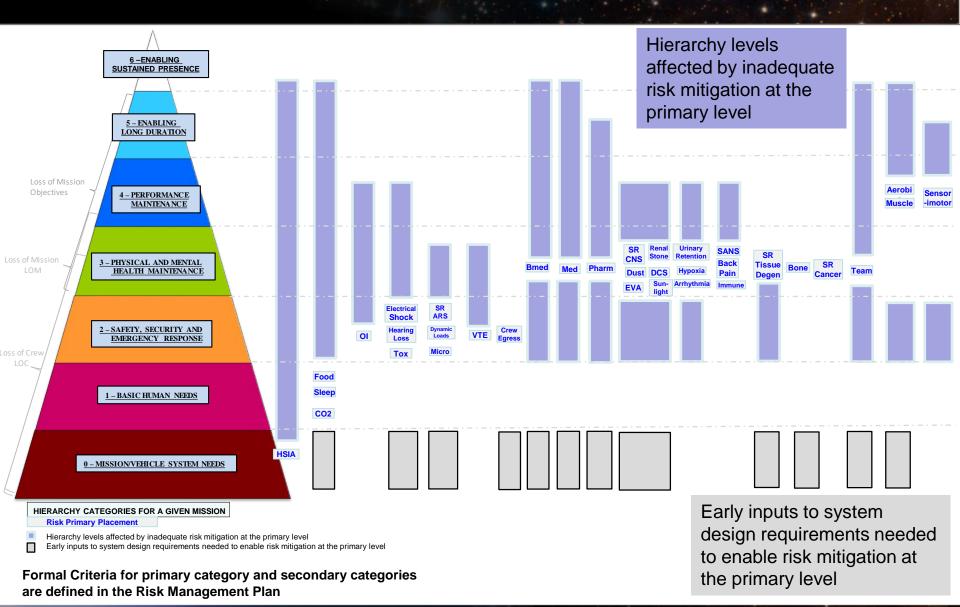
CHI Definition: Proportion of mission time *not* lost to medical events



Be aware: there are a lot of caveats in these PRA calculations

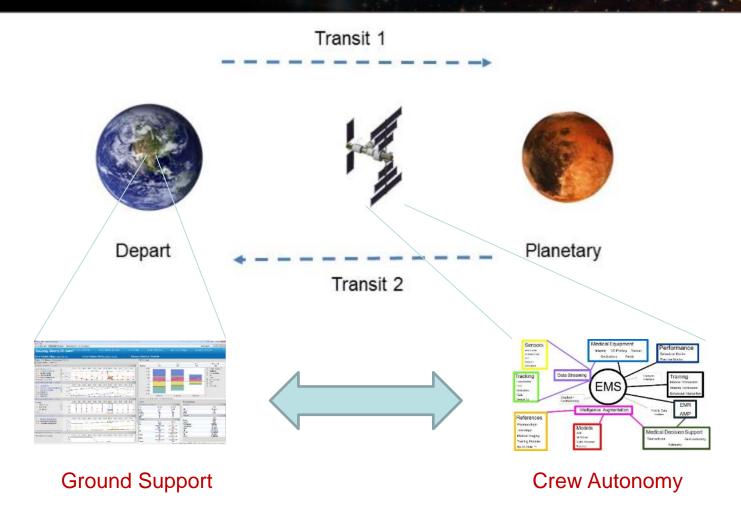
IMM Run S-20180531-405, 100,000 simulations

# **Risk Dependency**



Preliminary – not yet accepted

# Keeping Track of all this requires a System



### Move Knowledge, Not People

# **Crew Health and Performance System Must...**

#### Protect from environmental hazards

- Radiation protection
- Noise, vibration, CO<sub>2</sub>, etc.

### Keep healthy crew well

- Exercise
- Other physiological countermeasures
- Food
- Behavioral health

### Prevent, diagnose, treat, manage long-term health care

- Data system
  - Medical Data Capture
  - Medical Training
- Medical devices
- Medical supplies

### Support crew to accomplish mission tasks

- Procedures
- Training
- User interfaces

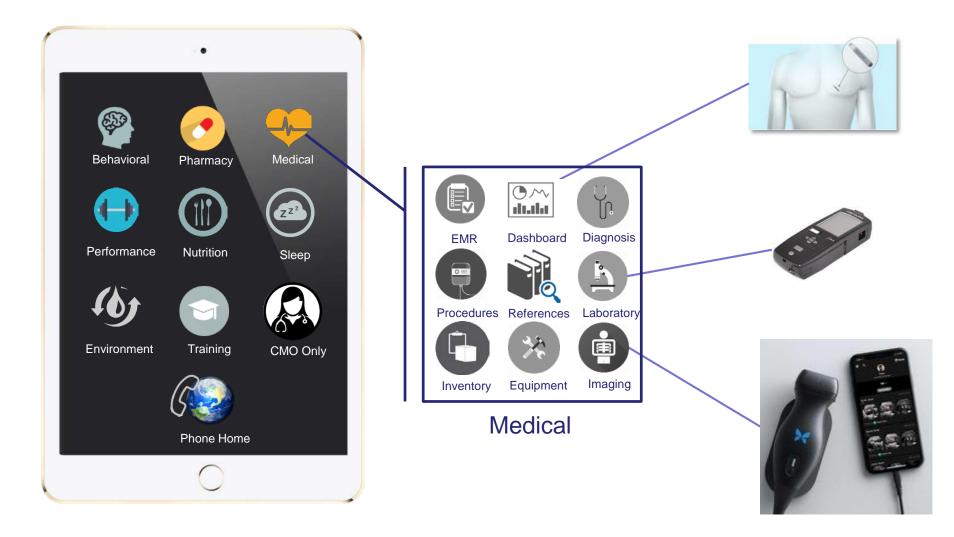




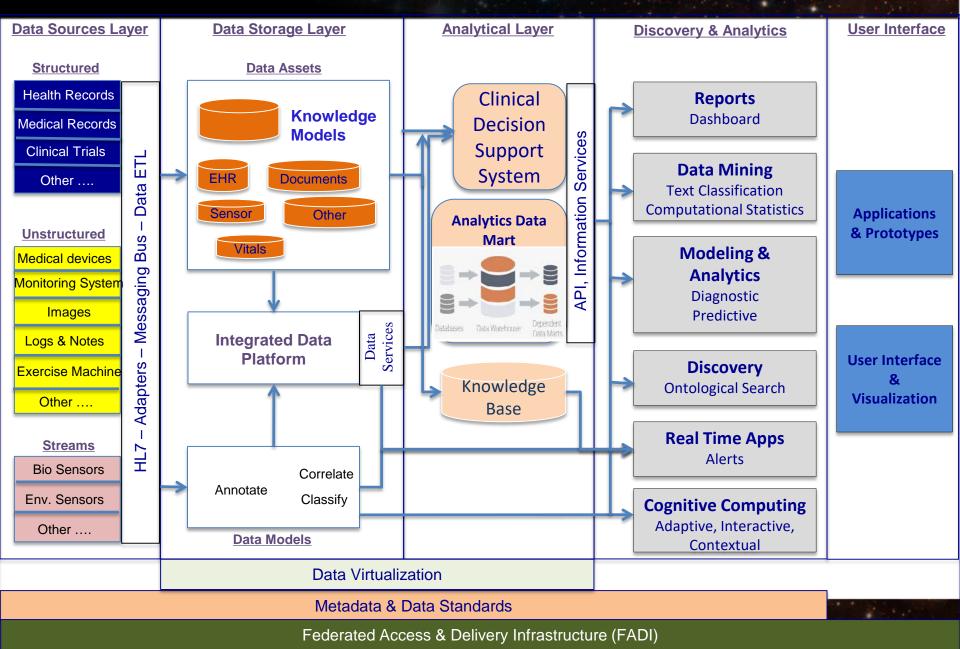




# A Crew Health and Performance System



# **ExMC** Data Architecture (ARC)



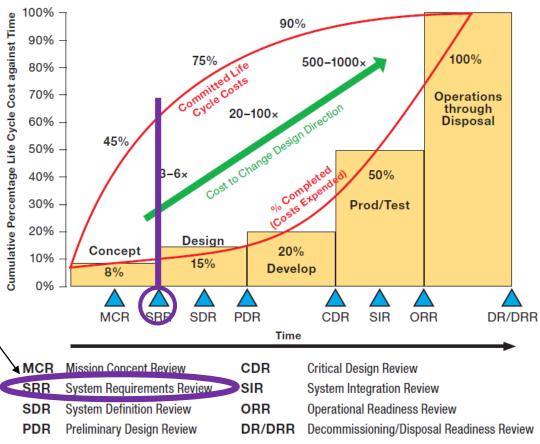
# **Understanding Level 0**

Risk mitigation that affects Level 0 must be considered early in the vehicle engineering life cycle to avoid incurring cost and schedule penalties later

# Examples of known risk mitigations dependent on ear vehicle design consideration

Bone, Muscle, Aerobic – Exercise Systems

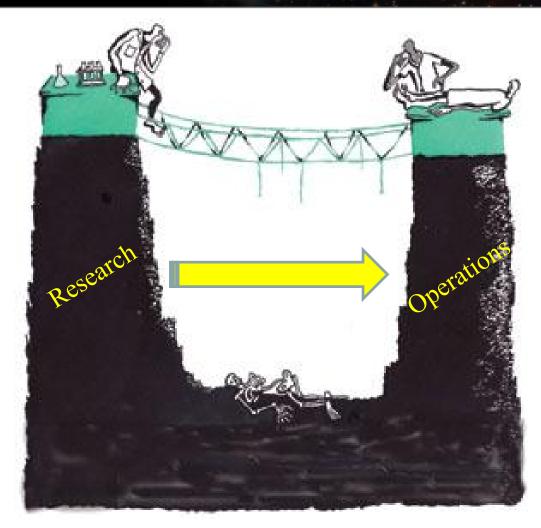
- Sleep Crew Quarters, Environment Control
- Food & Nutrition, Pharm Food System, Refrigeration
- CO2 Environment Control, Monitors
- HSIA System Maintainability, Repairability, Net Habitable Volume, Displays, Hardware and Software, Decision Support, Autonomy
- *Dynamic Loads* Monitoring, Seat and Restraint Design *Radiation* Shielding and Reconfigurable Mass, Monitors
- Dust Filtration and Particulate Exclusion
- DCS, Hypobaric Hypoxia Vehicle/Hab atmosphere



Adapted from INCOSE-TP-2003-002-04, 2015

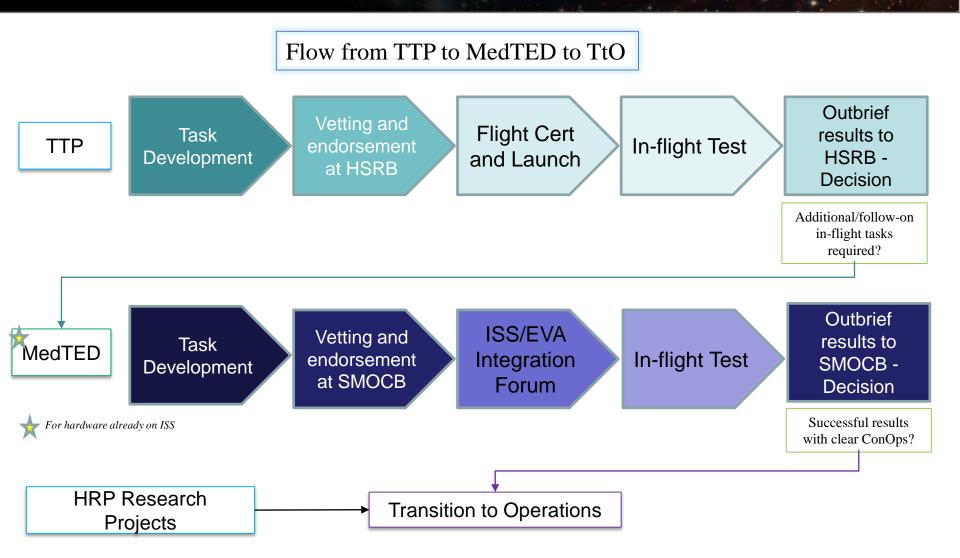
FIGURE 9.1. Lifecycle costs are locked in early on in the life cycle.

# **Bench to Floating Bedside?**

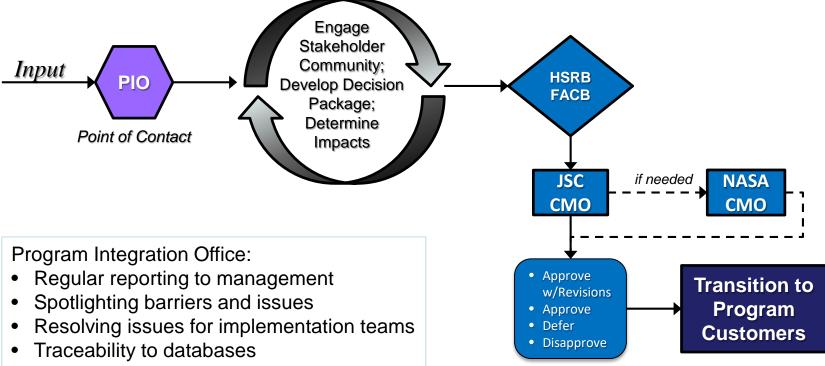


"A chasm has opened up between biomedical researchers and the patients who need their discoveries." ~NIH in Nature 453, 840-842 (2008)

# **Getting Technology Up There**



 TtO – Transition to Operations is a pathway to assess the effectiveness and operational readiness of medical research and technology products and deliverables to move into operations



Community engagement

# How do we Burn Down Risk?

### High value research accomplishes one or more of the following:

- Characterize or Understand the Risk
- Prevent Risk scenarios from occurring (Hazard Control)
- Reduce the consequence of Risk scenarios
- Improve System Resilience
- Inform appropriate acceptance of Risk

# AND strives to provide solutions that fit