A Third-Generation Evidence Base for Human Spaceflight Risks

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12 May 2014
I have no financial relationships to disclose.

I will not discuss off-label use and/or investigational use in my presentation.
The goal of HRP is to provide human health and performance countermeasures, knowledge, technologies, and tools to enable safe, reliable, and productive human space exploration.
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Program Architecture

Evidence → Risks → Gaps → Tasks → Deliverables
First Generation Evidence Base

• 2008 Evidence Book
  - One volume
  - One chapter for each HRP risk
  - Review paper format
    • Aimed at scientifically-educated, non-specialist reader
    • Current state of knowledge from both research and operations
  - Authors
    • Human Research Program
    • National Space Biomedical Research Institute

• Chapters linked to their risk on HRP website
  - humanresearchroadmap.nasa.gov/Evidence/
• The February 2008 versions of the Evidence-Based Risk Reports were reviewed by members of a committee on NASA’s Research on Human Health Risks, established by the Institute of Medicine.

• The resulting thorough *Review of NASA’s Human Research Program Evidence Books: A Letter Report (2008)* provided outstanding guidance for both the revision of the current risk reports and for the development of future versions.

  humanresearchroadmap.nasa.gov/reviews/IOM%20Review.pdf

• This review also offered excellent suggestions to improve public access to the information in these reports.
Limitations of the 1GEB

• Limited authorship
  - NASA and NSBRI
  - Missing ISS international partners
  - Missing researchers studying related terrestrial issues

• Laborious update process
  - Resulting in “all or none” updates

• Infrequent updates

Note: Some Evidence Reports have been supplemented by a bibliography or additional report
The Second Generation Evidence Base - Wikipedia

• The Gene Wiki precedent
  - Enable the creation of a collaboratively written, continuously updated, high quality review article for all (~25,000) human genes.
  - Wikipedia
    • “Stub” articles for each gene in standardized format
    • Users add and refine content
    • en.wikipedia.org/wiki/Gene_Wiki

• The HRP implementation
  - Portal page in Wikipedia
  - Main article for each Risk
    • Subarticles as needed
    • Links to related Wikipedia content
    • Summary of HRP-approved Evidence Report
The HRP Portal

Visual impairment due to intracranial pressure

From Wikipedia, the free encyclopedia

Redirected from ICP

Spaceflight induced visual impairment is hypothesized to be a result of increased intracranial pressure. The study of visual changes and intracranial pressure (ICP) in astronauts on long-duration flights is a relatively recent topic of interest to Space Medicine professionals. Although reported signs and symptoms have not appeared to be severe enough to cause blindness in the near term, long term consequences of chronically elevated intracranial pressure is unknown.[7]

NASA has reported that fifteen long-duration male astronauts (45–55 years of age) have experienced confirmed visual and anatomical changes during or after long-duration flights.[7] Optic disc edema, globe flattening, choroidal folds, hyperopic shifts and an increased intracranial pressure have been documented in these astronauts. Some individuals experienced transient changes post-flight while others have reported persistent changes with varying degrees of severity.[7]

Although the exact cause is not known at this time, it is suspected that microgravity-induced cephalad fluid shift and comparable physiological changes play a significant role in these changes.[7] Other contributing factors may include pockets of increased CO₂ and an increase in sodium intake. It seems unlikely that resistive or aerobic exercise are contributing factors, but they may be potential countermeasures to reduce intracranial pressure (ICP) or intracranial pressure (ICP) in-flight.[8]

### Contents

- [1] Causes and current studies
  - [1.1] CO₂
  - [1.2] Sodium Intake
  - [1.3] Exercise
  - [1.4] Biomarkers
  - [1.5] One-Carbon Metabolism (Homocysteine)
  - [1.6] Space Obstructive Syndrome
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- [7] See also
- [8] External Links
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STS-41 crewmembers conduct Detailed Ocular Study (DOS) 475. Intracranial pressure on the middeck of Discovery, Orbiter Vehicle (OV) 103. Mission Specialist (MS) Williams M. Shepherd rests his head on the stowed treadmill while Pilot Robert D. Cabana, holding Shepherd's eye open, prepares to measure Shepherd's intracranial pressure using a tono pen (in his right hand).
Strengths of the Wikipedia approach

- Extremely accessible
  - Reading
  - Contributing
- Many “hits”
Weaknesses of the Wikipedia approach

• Wikipedia rules for content
  - Cannot copy Evidence Reports
  - Must summarize Evidence Reports
    - The resulting article is a summary of a review

• Few contributions
  - Net loss of content
  - Workload to maintain thriving articles is unknown

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<tr>
<th>Metric</th>
<th>Number</th>
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<tbody>
<tr>
<td>Unique contributors</td>
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<td>Total contributions</td>
<td>146</td>
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<td>Minor contributions</td>
<td>80</td>
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The Third Generation Evidence Base

• **Advantages**
  - Wiki-based
  - Editorially controlled
  - Verbatim copy of full Evidence Report

• **Implementation plan**
  - Contributions will be added:
    • Directly by pre-approved contributors and
    • Indirectly by other individuals using an email link at the top of each Evidence Report page
  - Each HRP Element will have an Editorial Board, which will review contributions before they are made publicly available
Risk of Adverse Behavioral Conditions and Psychiatric Disorders

For general comments, questions, and suggested edits regarding this page, please click HERE to send an email to the Editorial Board.

Contents

1 Risk of Adverse Behavioral Conditions and Psychiatric Disorders
2 Executive Summary
3 Introduction
4 Evidence
5 Risk in Context of Exploration Mission Operational Scenarios
6 Conclusion
7 References
8 Acknowledgments
9 Appendix: Incidence of Physical and Behavioral Medical Events during Space Flight

Risk of Adverse Behavioral Conditions and Psychiatric Disorders

Behavioral issues are inevitable among groups of people, no matter how well selected and trained. Spaceflight demands can heighten these issues. The Institute of Medicine (IOM) Safe Passage note that Earth analog studies show an incidence rate of behavioral problems ranging from 3-13 percent per person per year. The report transposes these figures to person crews on a 3-year mission to determine that there is a significant likelihood of behavioral conditions and psychiatric disorders emerging. Impacts of behavioral issues are minimized when they are identified and addressed early. The HRP must provide the best measures and tools to monitor and assess mood and to predict risk for an effective management of behavioral and psychiatric conditions prior, during, and following spaceflight.

An iconic photograph of Russian cosmonaut Valery Polyakov, who has clearly demonstrated his capacity for long-duration space flights, having completed two tours of duty on the Russian space station Mir, including one that lasted 438 days, thus setting a record that remains unbroken to this day. Current international Space Station missions involve crew stays of up to 6 months, with provision of an effective set of psychosocial countermeasures to aid crew morale and team cohesion.
Conclusion

• NASA’s Human Research Program seeks to understand and mitigate risks to crew health and performance in exploration missions
• HRP’s evidence base consists of an Evidence Report for each HRP risk
• Three generations of Evidence Reports
  1) Review articles
     + Good content
        - Limited authorship, infrequent updates
  2) Wikipedia articles
     + Viewed often, very open to contributions
        - Summary of reviews, very few contributions
  3) HRP-controlled wiki articles
     + Incremental additions to review articles with editorial control
        - ?