Headache

From HumanResearchWiki

Contents

1 Introduction
2 Clinical Priority and Clinical Priority Rationale by Design Reference Mission
3 Incidence and Outcomes (SAS Related)
4 Initial Treatment Steps During Space Flight
5 Capabilities Needed for Diagnosis
6 Capabilities Needed for Treatment
7 Associated Gap Reports
8 Other Pertinent Documents
9 List of Acronyms
10 References
11 Last Update

Introduction

Headache is a common occurrence both terrestrially and in space flight. While there are numerous possible causes of headaches terrestrially, common causes of headaches in space flight include Space Adaptation Syndrome and elevation of carbon dioxide (CO₂) levels in the space craft’s atmosphere (or in isolated pockets of sub-ventilated areas of the space craft).[1]

Clinical Priority and Clinical Priority Rationale by Design Reference Mission

One of the inherent properties of space flight is a limitation in available mass, power, and volume within the space craft. These limitations mandate prioritization of what medical equipment and consumables are manifested for the flight, and which medical conditions would be addressed. Therefore, clinical priorities have been assigned to describe which medical conditions will be allocated resources for diagnosis and treatment. “Shall” conditions are those for which diagnostic and treatment capability must be provided, due to a high likelihood of their occurrence and severe consequence if the condition were to occur and no treatment was available. “Should” conditions are those for which diagnostic and treatment capability should be provided if mass/power/volume limitations allow. Conditions were designated as “Not Addressed” if no specific diagnostic and/or treatment capability are expected to be manifested, either due to a very low likelihood of occurrence or other limitations (for example, in medical training, hardware, or consumables) that would preclude treatment. Design Reference Missions (DRMs) are proposed future missions designated by a set of assumptions that encompass parameters such as destination, length of mission, number of crewmembers, number of Extravehicular Activities (EVAs), and anticipated level of care. The clinical priorities for all medical conditions on the Exploration Medical Condition List (EMCL) can be found here (https://humanresearchwiki.jsc.nasa.gov/index.php?title=Category:All_DRM). The EMCL document may be accessed here (https://humanresearchwiki.jsc.nasa.gov/images/6/62/EMCL_RevC_2013.pdf).
<table>
<thead>
<tr>
<th>Design Reference Mission</th>
<th>Clinical Priority</th>
<th>Clinical Priority Rationale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunar sortie mission</td>
<td>Shall</td>
<td>Headaches from a variety of sources are expected to be very common during a lunar sortie mission, and treatment (analgesics) is simple and effective. Therefore, treatment shall be manifested.</td>
</tr>
<tr>
<td>Assumptions:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4 crewmembers (3 males, 1 female)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 14 days total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- 4 EVAs/ crewmember</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Level of Care 3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Lunar outpost mission   | Shall             | Headaches from a variety of sources are expected to be very common during a lunar outpost mission, and treatment (analgesics) is simple and effective. Therefore, treatment shall be manifested. |
| Assumptions:            |                   |                           |
| - 4 crewmembers (3 males, 1 female) |                   |                           |
| - 180 days total        |                   |                           |
| - 90 EVAs/ crewmember  |                   |                           |
| - Level of Care 4       |                   |                           |

| Near-Earth Asteroid (NEA) mission | Shall | Headaches from a variety of sources are expected to be very common during a Near Earth Asteroid mission, and treatment (analgesics) is simple and effective. Therefore, treatment shall be manifested. |
| Assumptions:                   |       |                           |
| - 3 crewmembers (2 males, 1 female) |       |                           |
| - 395 days total              |       |                           |
| - 30 EVAs/ crewmember         |       |                           |
| - Level of Care 5             |       |                           |

**Incidence and Outcomes (SAS Related)**

The following link leads to the corresponding Integrated Medical Model (IMM) Clinical Findings Form (CliFF) Incidence and Outcomes summary section. The IMM is a statistical model that uses Monte Carlo simulations to derive medical risk assessments for space flight. Input data into the model include incidence and potential outcomes, while output data include measures such as the Crew Health Index (CHI), Evacuation (EVAC), and Loss of Crew Life (LOCL). If space flight incidence data are not available for use in the model, alternate sources of information may include terrestrial incidence data, analogue environment incidence data, or data derived from specifically constructed Bayesian models. The model makes several assumptions which are elaborated within the CliFF. Each CliFF functions as a guide that outlines which information was used to run the model. A general
overview of IMM can be found here IMM Overview (https://humanresearchwiki.jsc.nasa.gov/index.php?title=The_Integrated_Medical_Model_-_Overview).

Headache (Space Adaptation) - Incidence and Outcomes Summary (https://humanresearchwiki.jsc.nasa.gov/imm/summaryview.aspx?conditionId=40)

Initial Treatment Steps During Space Flight

A link is provided to a prior version of the International Space Station (ISS) Medical Checklist, which outlines the initial diagnostic and treatment steps recommended during space flight for various conditions which may be encountered onboard the ISS. Further diagnostic and treatment procedures beyond the initial steps outlined in the Medical Checklist are then recommended by the ground-based Flight Surgeon, depending on the clinical scenario. Please note that this version does not represent current diagnostic or treatment capabilities available on the ISS. While more recent versions of this document are not accessible to the general public, the provided version of the checklist can still provide a general sense of how medical conditions are handled in the space flight environment. Medical Checklists will be developed for exploration missions at a later point in time.

Please note this file is over 20 megabytes (MB) in size, and may take a few minutes to fully download.

ISS Medical Checklist (http://www.nasa.gov/centers/johnson/pdf/163533main_ISS_Med_CL.pdf)

Capabilities Needed for Diagnosis

The following is a hypothetical list of capabilities that would be helpful in diagnosis. It does not necessarily represent the current capabilities available onboard current spacecraft or on the ISS, and may include capabilities that are not yet feasible in the space flight environment.

- Vital signs measurement capability (blood pressure, pulse, respiratory rate, temperature, pulse oximetry, as required per the patient's clinical state)
- Auscultation device (such as a stethoscope)
- Carbon dioxide monitor (if more than one crewmember develops headache)

Capabilities Needed for Treatment

The following is a hypothetical list of capabilities that would be helpful in treatment. It does not necessarily represent the current capabilities available onboard current spacecraft or on the ISS, and may include capabilities that are not yet feasible in the space flight environment.

- Analgesics (non narcotic, narcotic, oral)
### Associated Gap Reports

The NASA Human Research Program (HRP) identifies gaps in knowledge about the health risks associated with human space travel and the ability to mitigate such risks. The overall objective is to identify gaps critical to human space missions and close them through research and development. The gap reports that are applicable to this medical condition are listed below. A link to all of the HRP gaps can be found here (http://humanresearchroadmap.nasa.gov/Gaps/).

2.01 - We do not know the quantified health and mission outcomes due to medical events during exploration missions.  
2.02 - We do not know how the inclusion of a physician crew medical officer quantitatively impacts clinical outcomes during exploration missions.  
3.01 - We do not know the optimal training methods for in-flight medical conditions identified on the Exploration Medical Condition List taking into account the crew medical officer’s clinical background. (Closed)  
4.01 - We do not have the capability to provide a guided medical procedure system that integrates with the medical system during exploration missions.  
4.04 - We do not have the capability to deliver supplemental oxygen to crew members while minimizing local and cabin oxygen build-up during exploration missions.  
4.05 - We do not have the capability to measure laboratory analytes in a minimally invasive manner during exploration missions.  
4.14 - We do not have the capability to track medical inventory in a manner that integrates securely with the medical system during exploration missions.  
4.15 - Lack of medication usage tracking system that includes automatic time stamping and crew identification  
4.17 - We do not have the capability to package medications to preserve stability and shelf-life during exploration missions.  
4.19 - We do not have the capability to monitor physiological parameters in a minimally invasive manner during exploration missions.  
4.23 - We do not have the capability to auscultate, transmit, and record body sounds during exploration missions.  
4.24 - Lack of knowledge regarding the treatment of conditions on the Space Medicine Exploration Medical Condition List in remote, resource poor environments (Closed)  
5.01 - We do not have the capability to comprehensively manage medical data during exploration missions.

### Other Pertinent Documents

### List of Acronyms

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>CO2</td>
<td>Carbon Dioxide</td>
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</table>

References


Last Update

This topic was last updated on 8/12/2014 (Version 2).


Category: Medical Conditions

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