



RECOMMENDATIONS

The following recommendations relate to issues associated with the remote monitoring of crew performance and adjustment during long-duration expeditions.

- Instruct crew leaders, medical personnel, and mission controllers in the behaviors that could indicate underlying personal or adjustment problems.
- Continue the practice, begun during Project Mercury, of assigning a ground-based flight surgeon to a crew. The flight surgeon, supported by additional monitoring personnel with psychological training, would routinely evaluate the adjustment and performance of the crew and provide psychological support services as necessary. Also, the flight surgeon might be called upon to serve as the crew's unofficial ombudsman in representing their interests to expedition managers.
- Continue exploring the possibilities of developing reliable vocal indicators of stress, workload, and cognitive impairment.

JACK -

I LEARNED A LOT ABOUT EXPEDITION BEHAVIOR FROM YOUR BOOK. I WANTED TO HAVE THE INFORMATION TO REVIEW TO HELP ME BE A BETTER SPACE STATION CREW MEMBER SO I COPIED ALL THE RECOMMENDATION PAGES AND TOOK THEM WITH ME TO ISS IN MY CREW NOTEBOOK.

THIS IS ONE OF THOSE COPIED PAGES. I CARRIED THIS IN MY CREW NOTEBOOK DURING EXPEDITION 2 TO THE INTERNATIONAL SPACE STATION. THANKS FOR HELPING ME WITH MY BOLD ENDEAVOR!

Jim Voss
NASA ASTRONAUT