Steps to use NHCS Framingham Risk Score (FRS) Calculator
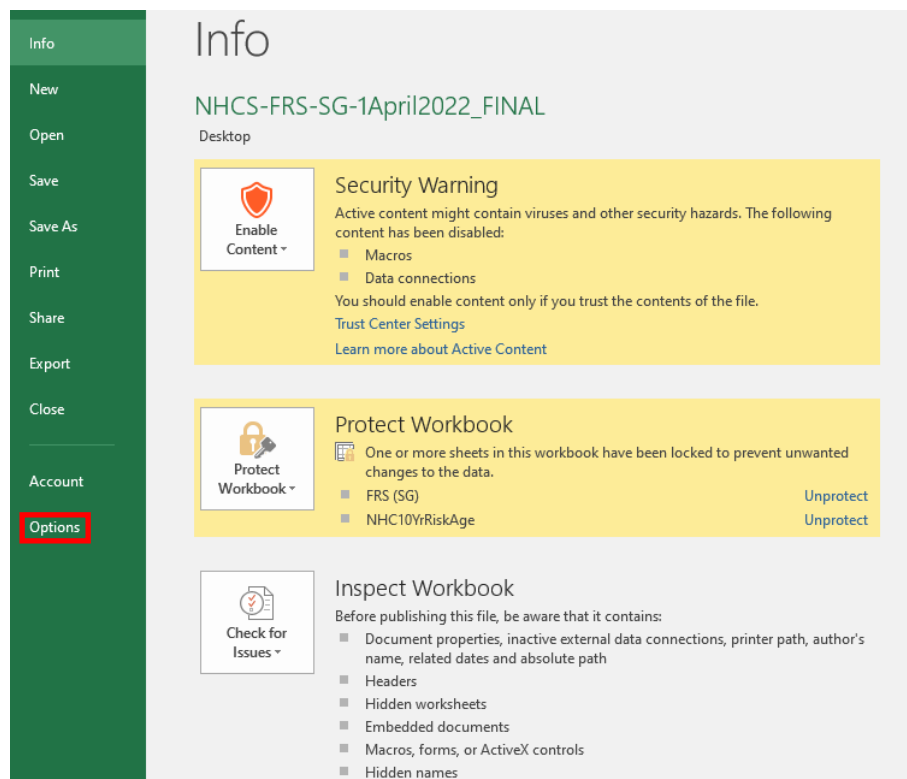
1. Download the risk calculator from NHCS website here:
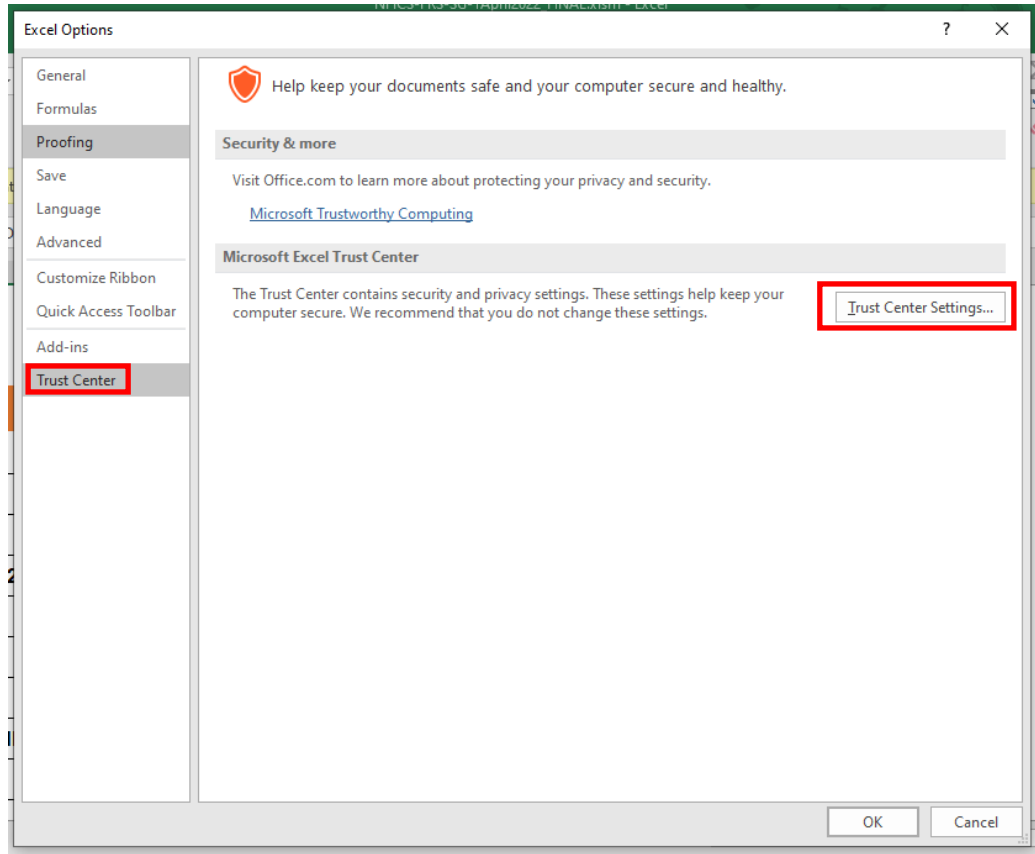   https://www.nhcs.com.sg/GP-partners

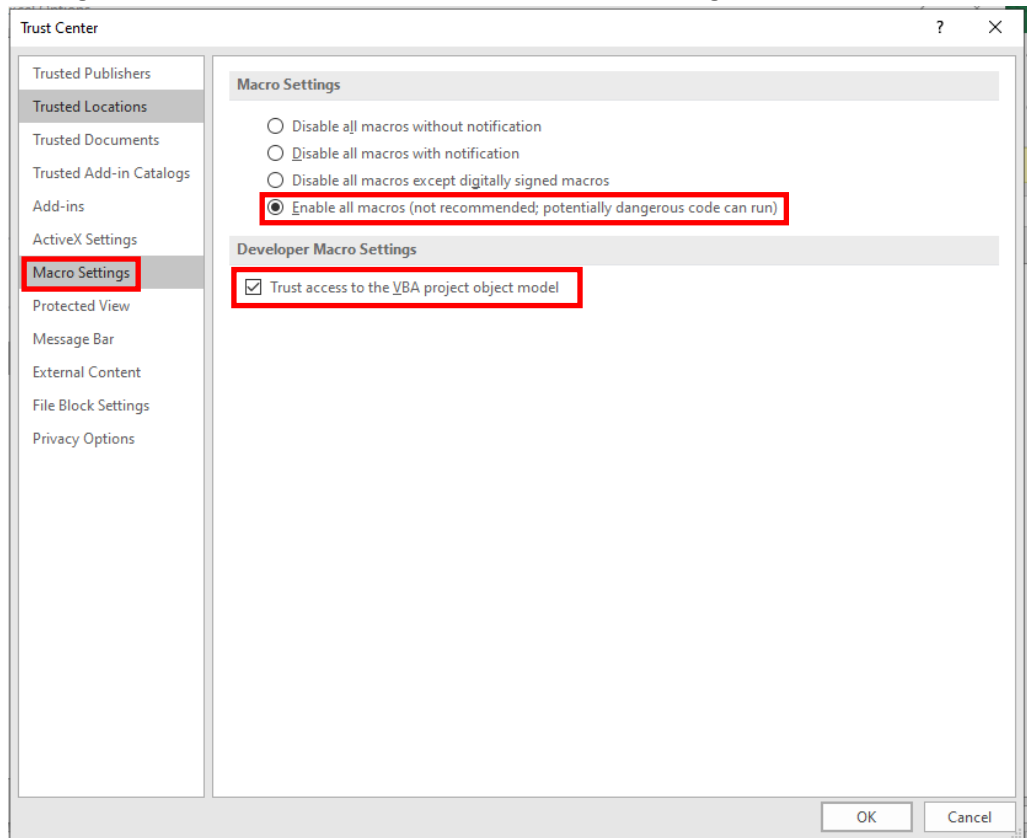   *Note: A ZIP folder with an excel file will be downloaded.*

2. Extract the zipped content to a folder where you want to run the excel file from.

3. Open the Excel file using <u>Microsoft Office 2013 and above</u>.

4. <u>Enable Macros</u> in Excel
   a. Click File -> Options as shown below.

b. Click 'Trust Center', followed by 'Trust Center Settings'.

c. Go to 'Macro Settings' on the left panel. Ensure that the Macros and VBA project settings checkbox are checked. Click 'OK' to save the settings.

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5. On the calculator page, enter the required parameters and click 'CALCULATE'.

Detailed steps for using the FRS calculator:

1. Enter the age of the patient between 20 to 79 years of age.

2. Enter the gender of the patient, either 'F' for female or 'M' for male.

3. Enter the patient's Total Cholesterol in (mmol/L) between 2.5 to 20 mmol/L.

   For mg/DL, divide the value by 38.67, i.e. 260 mg/DL = 6.72 mmol/L.

4. Enter the HDL in (mmol/L) between 0.03-3.8 mmol/L. For mg/DL, divide the value by 38.67, i.e. 55 mg/DL = 1.42 mmol/L.

5. Enter the smoker status of the patient, either 'Y' for yes or 'N' for no.

6. Enter the Systolic BP of the patient between 30 and 300.

7. Indicate whether the patient's blood pressure is currently being treated with medicines, either 'Y' for yes or 'N' for no.

8. Select the race of the patient from the dropdown list, either 'CHINESE', 'MALAY', or 'INDIAN'.

9. Click the 'CALCULATE' button. The risk probability will be calculated and reflected next to the Calculate button.