

## 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 Microsoft Office 2013 and above.
- 4. Enable Macros in Excel
  - a. Click File -> Options as shown below.





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

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xcel Options			?	×
General Formulas	Help keep your documents safe and your computer secure and healthy.			
Proofing	Security & more			
Save Language Advanced Customize Ribbon	Visit Office.com to learn more about protecting your privacy and security. <u>Microsoft Trustworthy Computing</u> <u>Microsoft Excel Trust Center</u> The Trust Center contains security and privacy settings. These settings help keep your			
Add-ins Trust Center				
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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.

Trust Center		?	×
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Trusted LocationsTrusted DocumentsTrusted Add-in CatalogsAdd-insActiveX SettingsMacro SettingsProtected ViewMessage BarExternal ContentFile Block SettingsPrivacy Options	Macro Settings  Disable all macros without notification Disable all macros except digitally signed macros  Toteloper Macro Settings  Trust access to the UBA project object model		
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## 5. On the calculator page, enter the required parameters and click 'CALCULATE'.

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Framingham Score	e (for Singapo	re Population)
Age (20-79)	55	1
Gender (M or F)	F -	2
Total Cholesterol (mmol/L) (2.5-20)	6	3
HDL (mmol/L) (0.03-3.8)	0.9	4
Smoker (Y or N)	N	5
Systolic BP (mmHg) (30-300)	135	BP being treated with medicines (Y or N) N
Race (CHINESE or MALAY or INDIAN)	MALAY	
6 🥌		
Total Points	16	8
Estimated 10-year risk of having MI or coronary death: (%)	6	CALCULATE
	/	
	<b>\</b> 9	
Risk Pro	bability in %	

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.