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Supporting effective decision making: Delivering more usable NICE guidance

NICE National Institute for
Health and Care Excellence®



Cardiovascular disease: risk assessment and reduction, including lipid modification

NICE guideline | NG238 | Published: 14 December 2023

Guidance Tools and resources Information for the public Evidence History

Download guidance (PDF)

Overview

Author: My Home my.manchester.ac.uk/Portals/1/_finder.asp

This guideline covers identifying and assessing risk of cardiovascular disease (CVD) in adults without established CVD. It covers lifestyle changes and lipid-lowering treatment (including statins) for primary and secondary prevention of CVD, and includes guidance for people who also have diabetes or chronic kidney disease.

For people with familial hypercholesterolaemia, see the [NICE guideline on familial hypercholesterolaemia](#).

Related quality standards

[Cardiovascular risk assessment and lipid modification](#)

[Type 1 diabetes in adults](#)

[Type 2 diabetes in adults](#)

[Chronic kidney disease in adults](#)

Hypertension in adults: diagnosis and management

NICE guideline | NG136 | Published: 28 August 2019 | Last updated: 21 November 2023

Guidance Tools and resources Information for the public Evidence History

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Overview

This guideline covers identifying and treating primary hypertension (high blood pressure) in people aged 18 and over, including people with type 2 diabetes. It aims to reduce the risk of cardiovascular problems such as heart attacks and strokes by helping healthcare professionals to diagnose hypertension

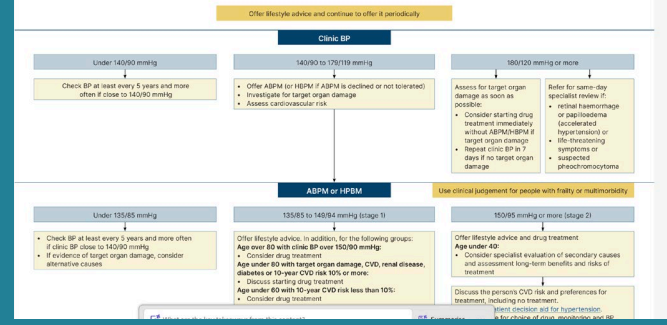
Related quality standards

[Air pollution: outdoor air quality and health](#)

[Type 2 diabetes in adults](#)

[Hypertension in adults](#)

Hypertension in adults: diagnosis and treatment



Welcome to the QRISK®3-2018 risk calculator <https://qrisk.org>

This web site should not be used for direct patient care by health professionals. This calculator is only valid if you do not already have a diagnosis of coronary heart disease (including angina or heart attack) or stroke/transient ischaemic attack, and not on statins.

Reset Information Publications About Copyright Contact Us Algorithm Software Suppliers

About you
Age (25-84):
Sex: Male Female
Ethnicity: (White or not stated)
 UK postcode: leave blank if unknown
Postcode:

Clinical information
Smoking status: (non-smoker)
Diabetes status: (none)
Angina or heart attack in a 1st degree relative < 60?
Chronic kidney disease (stage 3, 4 or 5)?
Atrial fibrillation?
On blood pressure treatment?
Do you have migraines?
Rheumatoid arthritis?
Systemic lupus erythematosus (SLE)?
Severe mental illness? (this includes schizophrenia, bipolar disorder and moderate/severe depression)
On atypical antipsychotic medication?
Are you on regular steroid tablets?
A diagnosis of or treatment for erectile dysfunction?
Leave blank if unknown
Cholesterol/HDL ratio:
Systolic blood pressure (mmHg):

Welcome to the QRISK®3 risk calculator
This demonstrator is intended for reference purposes only, and as a guide.
Note that this web site is not a class 1 medical device, and therefore is not intended for clinical use.
For health professionals using clinical management systems, we recommend the use of the EP-QRISK system.
Unlike this web site, the EP-QRISK Engine is registered as a Class 1 medical device which is a pre-patient care, and is available in a variety of forms for system suppliers to use. See [suppliers](#) for more information.
This site uses the QRISK3 calculator to present and an approximation of a person's risk of developing (assuming they do not already have cardiovascular disease and are not on statins). A score is produced:
Development and validation of QRISK3 risk prediction algorithms to estimate future risk of cardiac 2017,357,32099
It presents the average risk of people with the same risk factors as those entered for that person.
The algorithm has been developed by doctors and academics working in the UK National Health Service, thousands of GPs across the country who have freely contributed data to the QRResearch database for research.
It has been developed for the UK population, and is intended for use in the UK. All medical decisions must be made by a doctor. The authors and the sponsors accept no responsibility for clinical use or misuse of this score.
Has QRISK®3 calculator been validated?
Yes. Validation of the underlying algorithm is described in the academic paper linked above.
Validation and assurance of the EP-QRISK3 Engine has been done and is registered as a class 1 medical device.

Chronic kidney disease: assessment and management

NICE guideline | NG203 | Published: 25 August 2021 | Last updated: 24 November 2021

Guidance Tools and resources Information for the public Evidence History

Download guidance (PDF)

Overview

This guideline covers care and treatment for people with, or at risk of, chronic kidney disease (CKD). It aims to prevent or delay the progression, and reduce the risk of complications and cardiovascular disease. It also covers managing anaemia and hyperphosphataemia associated with CKD.

Overweight and obesity management

NICE guideline | NG246 | Published: 14 January 2025

[Register as a stakeholder](#)

Guidance Tools and resources Information for the public Evidence History

Download guidance (PDF)

Overview

[General principles of care](#)
[Preventing overweight, obesity and central adiposity](#)
[Identifying and assessing overweight, obesity and central adiposity](#)
[Chronic kidney disease in adults](#)

Overview

This guideline covers the prevention and management of overweight, obesity and central adiposity in children, young people and adults. It brings together and updates all NICE's previous guidelines on overweight and obesity. It does not cover pregnancy.

See also, the [section on healthy eating, physical activity and weight management during pregnancy in the NICE guideline on maternal and child nutrition](#)

Related quality standards

[Promoting health and preventing premature mortality in black, Asian and other minority ethnic groups](#)

[Overweight and obesity management](#)

How should I perform a CVD risk assessment?

- Discuss the process of risk assessment with the person, including the option of declining a formal assessment.
- Use the [QRISK3](#) assessment tool to calculate the estimated cardiovascular disease (CVD) risk within the next 10 years for people aged 25 to 84 years (including people with type 2 diabetes) if the person is in agreement with the assessment.

Tobacco: preventing uptake, promoting quitting and treating dependence

NICE guideline | NG209 | Published: 30 November 2021 | Last updated: 04 February 2025

Guidance Tools and resources Information for the public Evidence History

NICE ambitions: Why are we transforming guidance

What you've told us you need:

- Practitioners, commissioners and providers want guidance that is shorter, clearer, more actionable, with rationale included.
- You need quick, easy navigation without 'rabbit holes'.
- You want guidance that is up to date and clearly structured, with transparent dates.
- You want to see how different guidelines fit together.

Our vision for usable guidance

Making it easier for practitioners, commissioners and providers to make decisions

- A usable product offer that is coherent, integrated and easy to navigate.
- Recommendations presented in ways that enable decision making.
- Content that is complete, accurate and up to date – across NICE and via secondary channels.
- Easier access to NICE content wherever you work.

3 pillars of content transformation

Structured guidance

- Consistent recommendation structure
- Controlled vocabulary
- Clearer rationales.

New content creation approaches

- Codesign, pair writing, redesigned processes, clearer roles and governance.

Knowledge platform

- Semantic data model, CCMS, metadata management
- API-driven syndication for accurate reuse in external systems.

What will feel different for users

Concrete improvements by 2027

- Easier navigation with a clearer structure
- Ability to retrieve individual recommendations, not just whole guidelines
- Faster updates and clearer change information
- Increased confidence that secondary platforms reflect NICE content accurately.