Background on Coronavirus epidemic

- COVID-19 was first reported in late December 2019, originating in Wuhan, China.
- COVID-19 is a betacoronavirus, like SARS and MERS, presenting as viral pneumonia with a wide range of acuity.
- As of February 12, there are 45,204 confirmed cases and 1,117 confirmed deaths across 28 countries; COVID-19 appears to have greater infectivity and a lower case fatality rate when compared to SARS and MERS.
- 99% of all cases are in mainland China, where despite aggressive containment efforts, case counts continue to rise rapidly.

Early cardiac implications from case reports on Wuhan Coronavirus

- Early case reports suggest patients with underlying conditions are at higher risk for complications or mortality from COVID-19; up to 50% of hospitalized patients have a chronic medical illness.
- 40% of hospitalized patients with confirmed COVID-19 patients have cardiovascular or cerebrovascular disease.
- In a recent case report on 138 hospitalized COVID-19 patients, 19.6% of patients developed acute respiratory distress syndrome:
  - 16.7% of patients developed arrhythmia; 7.2% developed acute cardiac injury.
  - 8.7% of patients developed shock; 3.6% developed acute kidney injury.
  - Rates of complication were universally higher for ICU patients.
• The first reported death was a 61-year-old male, with a long history of smoking, who succumbed to acute respiratory distress, heart failure, and cardiac arrest

• Early, unpublished first-hand reports suggest at least some patients develop myocarditis

Potential cardiac implications from analog viral respiratory pandemics

• **Influenza analog:** In all influenza pandemics other than the 1918 flu, cardiovascular events surpassed all other causes of mortality, including superimposed pneumonia.

• **General viral analog:** Viral illness is a well-known destabilizing factor in chronic cardiovascular disease, a general consequence of the imbalance between infection-induced increased metabolic demand and reduced cardiac reserve. The viral infection along with superimposed pneumonia will directly and indirectly affect the cardiovascular system.

  ○ Both coronary artery disease and heart failure patients are at increased risk of acute events or exacerbation; viral illness can potentially destabilize coronary plaques through several mechanisms including systemic inflammatory responses which have been recently documented with COVID-19.

  ○ Multiple co-morbidities (DM, obesity, HTN, COPD, CKD) further increase risk.

• **SARS/MERS analog:** Although published literature on CV implications of SARS/MERS is limited, in the absence of more detailed reporting on COVID-19, it may prove instructive.

  ○ 60% of MERS cases had one or more pre-existing comorbidity, resulting in a poorer prognosis; expert guidance suggests patients with diabetes, CVD, or renal disease should be prioritized for treatment.

  ○ Both SARS and MERS have been linked to acute myocarditis, acute myocardial infarction, and rapid-onset heart failure.

    ▪ In one early published report, 2 out of the 5 deaths were attributed to MI.

    ▪ These data should be interpreted cautiously—indicative of the increased CV risk in coronavirus patients, but not generalizable to broader outcomes.

  ○ Reversible, sub-clinical diastolic LV impairment in acute SARS even among those without underlying cardiac disease appears common, likely the result of systemic inflammatory immune response and is not unique to SARS; however, lower EF upon admission was predictive of later mechanical ventilation.
In one study of cardiovascular complications of SARS in 121 patients:  
- 71.9% of patients developed persistent tachycardia, including 40% with continued tachycardia during outpatient follow-up  
- 50.4% of patients developed sustained asymptomatic hypotension during hospitalization; one patient required inotropic support  
- 14.9% of patients developed transient bradycardia  
- 10.7% of patients developed transient cardiomegaly, without signs or symptoms of heart failure  
- One patient experienced transient paroxysmal AF, with spontaneous resolution  
- Cardiovascular complications appeared statistically uncorrelated with oxygen desaturation or ICU admission  

Clinical guidance given current COVID-19 uncertainty  
- COVID-19 is spread through droplets and can live for substantial periods outside the body; containment and prevention using standard public health and personal strategies for preventing the spread of communicable disease remains the priority  
- In geographies with active COVID-19 transmission (mainly China), it is reasonable to advise patients with underlying cardiovascular disease of the potential increased risk and to encourage additional, reasonable precautions  
- Older adults are less likely to present with fever, thus close assessment for other symptoms such as cough or shortness of breath is warranted  
- Some experts have suggested that the rigorous use of guideline-directed, plaque stabilizing agents could offer additional protection to CVD patients during a widespread outbreak (statins, beta blockers, ACE inhibitors, ASA); however, such therapies should be tailored to individual patients  
- It is important for patients with CVD to remain current with vaccinations, including the pneumococcal vaccine given the increased risk of secondary bacterial infection; it would also be prudent to receive influenza vaccination to prevent another source of fever which could be initially confused with coronavirus infection  
- It may be reasonable to triage COVID-19 patients according to the presence of underlying cardiovascular, respiratory, renal, and other chronic diseases for prioritized treatment  
- Providers are cautioned that classic symptoms and presentation of AMI may be overshadowed in the context of coronavirus, resulting in underdiagnosis
• For CVD patients in geographies without widespread COVID-19 emphasis should remain on the threat from influenza, the importance of vaccination and frequent handwashing, and continued adherence to all guideline-directed therapy for underlying chronic conditions

• COVID-19 is a fast-moving epidemic with an uncertain clinical profile; providers should be prepared for guidance to shift as more information becomes available

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