**Blood Pressure Management: Use of ACE-i and ARB Medications Among Patients with COVID-19**

What you need to **Know**

* CommonSpirit Health is committed to a national initiative to decrease the risks of heart

attack, stroke, and death by improving control of blood pressure for our hypertensive patients.

* Misinformation has recently been circulated on social media sites that commonly used antihypertensive drugs (angiotensin converting enzyme inhibitors (ACE-i) or Angiotensin Receptor Blockers (ARBs), may increase both the risk of infection and the severity of SARS-CoV2.
* There are no experimental or clinical data demonstrating beneficial or adverse outcomes among COVID-19 patients using ACE-i or ARB medications.
* The AHA, the HFSA and the ACC recommend continuation of angiotensin converting enzyme inhibitors (ACE-i) or angiotensin receptor blocker (ARB) medications for all patients already prescribed for indications such as heart failure, hypertension or ischemic heart disease.[[1]](#footnote-1)

What to **Do**

* Hypertensive patients who are diagnosed with COVID-19 should be fully evaluated before adding or removing any treatments, and any changes to their treatment should be based on the latest scientific evidence and shared-decision making with their physician and health care team.¹
* Educate hypertensive patients to dispel misinformation and emphasize importance of continuing blood pressure lowering medications as prescribed.
* Assure patients that we will monitor ongoing research and learning related to the care of COVID-19 patients related to these and other medications used by patients including those infected with the COVID-19 virus.

What to **Share**

* Share this flyer and supporting [statement from the American Heart Association, the Heart Failure Society of America and the American College of Cardiology](https://newsroom.heart.org/news/patients-taking-ace-i-and-arbs-who-contract-covid-19-should-continue-treatment-unless-otherwise-advised-by-their-physician) with clinic providers and staff.
* Patient education documents with frequently asked questions addressing use of ACE-I and ARBs are available on the following COVID-19 SharePoint Sites.

Dignity Health: <https://show.dignityhealth.org/publish/DHPatientSafety/SitePages/COVID-19.aspx>

CHI: <https://clb.catholichealth.net/cs/PS/COVID/Pages/default.aspx>

Contact information for COVID issues: Roy Boukidjian, System Vice President, Infection Prevention at

818.921.0380 or email at [CSH-COVID-19@CommonSpirit.org](mailto:CSH-COVID-19@CommonSpirit.org)

1. <https://newsroom.heart.org/news/patients-taking-ace-i-and-arbs-who-contract-covid-19-should-continue-treatment-unless-otherwise-advised-by-their-physician> [↑](#footnote-ref-1)