

NEWS



The latest from the BedMed Trials

Collecting data in primary care can be a challenge. AbSPORU's innovative approaches to research allow us to partner in the development of unique approaches to recruitment and data collection in primary care for pragmatic trials. AbSPORU proudly supported four pragmatic trials on the timing of blood pressure medication, including the BedMed Trials, led by Dr. Scott Garrison from the University of Alberta.

The BedMed clinical trials are among the largest ever done in Canadian primary care, spanning 5 provinces: Alberta, BC, Saskatchewan, Manitoba, and Ontario.

These trials are showing that data collection across primary care sites and clinics can be cost effective and achievable on a large scale. We are pleased to share recent articles outlining the findings from the groundbreaking BedMed Trials, as presented by Dr. Garrison at the European Society of Cardiology Congress in August 2024.

Article: Cardiovascular Research Foundation

New BedMed Data Confirm Antihypertensives Can Be Taken Any Time of Day

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Article: European Society of Cardiology

Evening vs. morning dosing of blood pressure medication: no differences seen

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Article: BMJ Open

Bedtime versus morning use of antihypertensives for cardiovascular risk reduction (BedMed): protocol for a prospective, randomised, open-label, blinded end-point pragmatic trial

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Article: Canadian Institutes of Health Research

Study: reducing heart attack and stroke rates thanks to data analysis and patient involvement

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Better at bedtime? Why a Canadian study is testing a novel approach to blood pressure medication

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Background

The Alberta SPOR SUPPORT Unit (AbSPORU) provides expertise, training and resources to the health research community to increase capacity for patient-oriented research. To learn more about AbSPORU's involvement in the BedMed Trials, read our [Story of Impact](#).

To learn more about the BedMed Study visit <https://bedmedstudy.ca/>

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