



Dr. Sandra Mahecha

Regional & National Center Director

Sandra, Mahecha, MD, PhD

Affiliation

Clínica MEDS

Host Institution – Clínica MEDS

Clínica MEDS started in 1992 and has become the main center for sports medicine in Chile. Clínica MEDS began through the work of a group of professionals from the Health



Unit of the Olympic Committee of Chile (COCH) with the mission of delivering a high-quality, personalized care to ensure the quickest and best recovery of athletes. Clínica MEDS is recognized by athletes throughout Chile, as well as different sports organizations and associations worldwide. Through innovative concepts, high standards of safety and quality, and the delivery of comprehensive service, Clínica MEDS has achieved recognition as the best organization in rehabilitation and reintegration to physical activity and work of patients. Starting in 2015, Clínica MEDS developed a physical activity promotion area dedicated to taking the recommendations of physical activity for health to the community.

National Center Advisory Board

Affiliation

Sandra Mahecha, MD, PhD	<ul style="list-style-type: none"> • Director of Physical Activity Promotion, Clínica MEDS
Claudia Pérez, MD	<ul style="list-style-type: none"> • Policy Hospital • Chilean Society of Sports Medicine
Ximena Muñoz, MD	<ul style="list-style-type: none"> • Balance Program - Clínica MEDS
Juan Carlos Molina, MD	<ul style="list-style-type: none"> • Observatory of Aging • Chilean Society of Geriatric and Gerontology
Matías Portela, PEF	<ul style="list-style-type: none"> • Physical Educator, Department of Health Promotion and Public Participation, Chilean Ministry of Health
Matías Moran, MD	<ul style="list-style-type: none"> • Unit of Sports Medicine and Physical Activity (SOCHMEDEP) - Clínica MEDS
Fernando González, MD	<ul style="list-style-type: none"> • Physical Medicine and Rehabilitation Pediatric Unit, Hospital Ezequiel González
Juan Pablo Romero, PT	<ul style="list-style-type: none"> • SENAMA – National Service of Elderly People

2019 Goals

- Launch the online training workshop in Chile and throughout Latin America for health professionals
 - Organize national training events for physicians and health professionals educating them on the recommendations and benefits of physical activity for the promotion of health
 - Raise awareness of the public, private health institutions, and the main medical societies on the importance of assessing physical activity and providing recommendations to improve the health of the population
 - Increase the number of health professionals who are evaluating, prescribing and advising physical activity to their patients
 - Increase the number of medical students with basic knowledge about the benefits and recommendations of physical activity for health
 - To investigate the level of physical activity and the practice of recommending physical activity in Chilean physicians
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Accomplishments to Date

- Conducted annual EIM conferences in Chile involving health leaders from around the country and Latin America
- Hosted ACSM/EIM leaders to give talks and lectures to Chilean physicians
- Hosted three workshops for a total of 89 health professionals and one workshop for 38 exercise professionals in 2018
- Received sponsorship for workshops from Abbott Pharmaceuticals
- In the process of launching a series of continuing medical education training modules online for use by health care providers across Chile and Latin America
- Launched the EIM LatinoAmerica website (<https://www.exerciseismedicine.org/latinamerica>)

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