



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

## 2021 Goals

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- Expand and diversify the EIM Chile Advisory Board
  - Raise awareness with public and private health institutions, as well as with 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 by continuing to organize national training events for healthcare providers to educate them on the recommendations and benefits of physical activity for the promotion of health
  - Increase the number of medical students with basic knowledge about the benefits and recommendations of physical activity for health
  - Expand EIM On Campus to 1 or 2 universities in Chile in 2021
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## Accomplishments to Date

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- Officially established the EIM Chile National Center in August 2018
- Conduct 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
- Launched an online workshop for healthcare providers (in Spanish) with participants coming from all corners of Latin America. By the end of 2019, they had offered three courses to 485 participants
- The host institution (Clínica Meds) is launching a new NGO in 2021 that will aid EIM Chile in reaching underserved people in Santiago
- Hosted 5 in-person workshops for a total of 175 health professionals and 2 workshop for 86 exercise professionals in 2018-19
- Received sponsorship for workshops from Abbott Pharmaceuticals
- Launched the EIM LatinoAmerica website (<https://www.exerciseismedicine.org/latinamerica>)

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