



THE TOUCHING HANDS / IFSSH

HAND SURGERY WORKSHOP AT MOUNT KENYA UNIVERSITY

JANUARY 24TH -25TH 2020

Goal

The goal of the two day course was to have all attendees be able to safely inject tumescent local anesthesia in an almost painless manner. This would cut the need for costly sedation and improve patient safety for most hand surgery. In addition, the evidence behind safe field sterility was reviewed to enable much of Kenyan surgery to move to more affordable procedure room field sterility out of the main operating room, as it has in Canada. Eliminating sedation and full operating room sterility for many procedures will improve access to surgery for many who cannot afford unnecessary sedation and unnecessary full operating room sterility for many procedures.

Lecturers and facilitators

Dr Don Lalonde (Touching Hands), Dr Peter Nthumba (Kenya plastic Surgeon) and Professor Pankaj Jani (past COSECSA president) provided the lectures and commentaries to optimize sharing of knowledge.

Funding

The course was supported by the IFSSH and Touching Hands.

Attendance

The course was attended by over 80 surgeons (general, orthopedic, plastic) and surgery residents from all over Kenya. Attendance data was captured for 75 of the attendees (see inserted attendance data)

Evaluation of the meeting

The course was evaluated by all participants in a precourse information sheet, a post course information sheet, and an evaluation form conceived by Dr Kevin Chung's team in Michigan, USA. An analysis of these evaluations by Dr Kristine Huynh kahuynh@med.umich.edu is forthcoming. The overall tone of the evaluations was very good to excellent by almost all attendees.

Outcome of the meeting

The week after the course, procedure rooms were opened in two of the largest hospitals in Kenya for WALANT surgery. More followed.



Njuguna Chancellor Mount Kenya Univ.



Attentive participants

Dr.



Hands on painless local injection workshop Prof Pankaj Jani and Dr Peter Nthumba

Course outline Day 1

Time	Topic	Facilitator
7.45am-8.00am	Arrival and Registration	SSK & COSECSA Team
8.00am-8.15am	Introductory remarks	<ul style="list-style-type: none"> • Representative from Mount Kenya University • Prof. Pankaj Jani- COSECSA • Prof. Stanley Khainga- Kenya Society of Plastic and Reconstructive Surgery • Dr. Peter Nthumba- AIC Kijabe Hospital • Prof. Donald Lalonde
8.15am-9:15am	How to inject almost painless tumescent local anesthesia for extremity, trunk, and facial surgery	Prof. Lalonde



9:15am-9.30am	Evidence based sterility and the Canadian model of moving surgery out of theater	Prof. Lalonde
9.30am- 10:30am	How to get better results in flexor tendon surgery	Prof. Lalonde
10:30am-11:00 am	TEA BREAK	
11:00 – 12:00	How to improve your management of burn injuries of the upper extremity	Dr. Peter Nthumba
12:00 – 1:00pm	Simple effective management of upper extremity wounds, amputations, and infections	Prof. Lalonde
1:00pm – 2:00pm	Lunch and discussion during lunch	
2:00pm – 3:00pm	How to get better results in hand and finger fractures	Prof. Lalonde
3:00pm – 4:00 pm	Extensor tendon injuries and reconstruction	Prof. Lalonde
4:00pm – 4:30 pm	Discussions	ALL

Day 2

8.00am- 12.00pm	Lecture and Hands on training How to inject near painless tumescent local anesthesia.	Prof. Lalonde
12.00pm-1.00pm	LUNCH	
1.00pm-2.00 pm	Managing late tendon injuries	Prof. Lalonde
2-3 pm	Perforator flaps in leg, head and neck reconstruction	Dr. Peter Nthumba
3.00pm-3.30pm	Pearls of hand and plastic surgery	Professor Pankaj Jani and Prof. Lalonde