



OPERATING THEATRE PRACTITIONERS' ASSOCIATION OF KENYA (OTPAK)

IFSSH Sponsored
Educational Program



WALANT - PRE-CONFERENCE WORKSHOP

25th COSECSA GRADUATION, AGM AND SCIENTIFIC CONFERENCE

28TH - 29TH November 2025

Bujumbura, Burundi



Organizers: Operating Theatre Practitioners Association of Kenya (OTPAK)

Supported by: International Federation of Societies for Surgery of the Hand (IFSSH)

Trainers:

1. Dr. Donald Lalonde – Professor of Surgery, Past President – AAHS and CSSH
2. Dr. Carlos de Pina – Orthopedic surgeon, Unidade do Punho e Mao, CUF Tejo/Leiria – Portugal

3. Prof. Pankaj Jani – Professor of Surgery - University of Nairobi; Past President – COSECSA and Chairman – OTPAK
4. Dr James Kariuki – Final year G.S. resident, Karen Hospital, Nairobi
5. Dr Jay Yajnik – Final year Ortho. resident, PCEA Kikuyu Hospital
6. Dr. Alliance Niyukuri – Consultant paediatric surgeon Kibuye
7. Dr. Nilkanth Jani – 1st year G.S resident, Kiambu Level 5 Hospital

1. Introduction

A two-day **Wide-Awake Local Anesthesia No Tourniquet (WALANT)** pre- conference workshop was held in Bujumbura, Burundi, on **28–29 November 2025** as part of the **25th COSECSA Graduation, AGM and scientific conference.**

The workshop brought together 31 trainees, 20 from nine African countries and 11 local trainees from across Burundi. In view of limited funding available, the organizers invited and supported all those trainees from nearby countries from which travel by road by public means was possible. An intensive, focused WALANT training over 2 days, which comprised didactic lectures, formal and informal discussions, practical sessions, and live surgical demonstrations was organized. The program aimed to strengthen surgical capacity in the COSECSA region and challenge dogma to alter the culture of surgery thro promotion and adoption of WALANT as an innovative, cost-effective, and safe alternative to traditional surgery practice.

2. Venues

- **Day One:** Kings Conference Center, Bujumbura
 - **Day Two:** Prince Regent Charles Hospital, Bujumbura
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3. Participants

The workshop attracted a diverse cohort of local and international surgical residents, emphasizing regional collaboration. Before the course, potential attendee candidates were vetted on their letter of reasons for attending, financial means, travel distance, and work done to get local sponsorship for their attendance. A selection and financial support committee headed by Professor Pankaj Jani did the vetting and decided on the level of financial support for the various attendees depending on their financial capabilities. Participants agreed to provide data of their WALANT cases to Professor Jani and Dr Nilkanth Jani after their return home.

A Whatsapp group of final selected attendees was created along with their respective financial support possibilities. On Nov 20, all attendees received many papers, links to videos and power point

presentations containing all the course information via Whatsapp so they could read and prepare for the 2 day course (**see appendix 1**). Prof Jani and Prof Lalonde answered many questions about WALANT on Whatsapp before getting to Bujumbura.

International participants from 9 countries

- **Kenya: 5**
- **Uganda: 3**
- **Tanzania: 3**
- **Zanzibar: 1**
- **Democratic Republic of Congo: 2**
- **Ethiopia: 3**
- **Somalia: 1**
- **Gambia: 1**
- **Cameroon 1**

Local participants

Burundi – 11

Trainers

- Portugal – 1
- Canada – 1
- Kenya – 4
- Burundi - 1

4. Workshop Objectives

- Provide comprehensive knowledge of WALANT principles.
- Train participants in preparation and safe infiltration of WALANT solutions.
- Demonstrate WALANT applications in general surgery, orthopedics, plastic and neuro surgery.
- Build regional capacity focusing on performing hand and soft-tissue procedures without general anesthesia or tourniquets.
- Promote collaboration and networking across COSECSA member countries.

5. DAY ONE PROGRAM – 28 November 2025

Venue: Kings Conference Center, Bujumbura

TIME	EVENT	MODERATOR
8.00AM - 8.30AM	REGISTRATION	Medical students, Bujumbura
8.30AM - 8.40AM	OPENING WELCOME ADDRESS	Dr. Didier Kamatari

		Vice Dean (fac of med) Uni of Burundi Medical Board Member
8.40 AM - 8.55 AM	WALANT IN BURUNDI	Dr. Alliance Niyukuri
8.55 AM - 9.15 AM	INTRODUCTION OF ALL PRESENT AND WALANT PROGRESS OF WALANT IN AFRICA TO DATE	Prof P. Jani
9.15 AM - 9:45 AM	WALANT basics, usefulness and evidence-based sterility	Dr. D. Lalonde
9:45 AM - 10.15 AM	WALANT for management of acute and neglected wrist and forearm fractures and dislocations	Dr. Carlos de Pina
10.15 AM - 10.45 AM	BREAK	
10.45 AM - 11.00 AM	WALANT at Karen Hospital and progress so far	Dr. James Kariuki
11.00 AM - 11.15 AM	WALANT – Bridging gap between surgical demand and anesthetic resources	Dr. Jay Yajnik
11.15 AM - 1:00 PM	INTRODUCTION TO PRACTICALS: PREPARING THE WALANT SOLUTION 50, 100, 250 mls; AND where AND how to inject DISCUSS the COMMON Surgeries in G.S; ORTHO, Neuro and PLASTIC SURGERY PRACTICED UNDER WALANT IN THE REGION	Dr. J. Kariuki Dr. D. Lalonde Dr. Carlos De Pina Prof. P. Jani Dr. N. Jani
1:00 PM - 2:00 PM	LUNCH	
2:00 PM - 3:00 PM	PRACTICALS SESSION – How to inject INTO YOUR PARTNER	Dr. J. Kariuki
3.00 PM - 3:15 PM	VOTE OF THANKS AND DAY 2 PLANS	Dr. N. Jani
3.15 PM - 5.00 PM	OPEN FORUM DISCUSSIONS	ALL

6. Speaker Summaries

- **Dr. Didier Kamatari – Opening Welcome Address**



DR. DIDIER KAMATARI

Dr. Kamatari (Vice Dean Faculty of Medicine, University of Burundi, Medical Board Member) welcomed participants and emphasized the importance of continuous learning and regional collaboration. He highlighted Burundi's commitment to improving surgical access and the potential for WALANT to support this national goal.

- **Dr. Alliance Niyukuri – Journey of WALANT in Burundi**



DR. ALLIANCE NIYUKURI

Dr. Niyukuri detailed the evolution of WALANT within Burundi, discussing early experiences, challenges, and growing adoption across local hospitals. His talk emphasized its impact on surgical accessibility.

- **Prof. Pankaj Jani – Introduction of Participants & WALANT Progress across Africa**



PROF. PANKAJ JANI

Prof. Jani facilitated introductions and outlined WALANT advancements across partner countries, emphasizing the importance of shared learning and harmonized practice. He also shared data to show how WALANT is improving access to surgery and helping to alleviate poverty in many countries in Africa.

- **Dr. Donald Lalonde – WALANT Basics, Almost Painless Tumescant Local Anesthesia, and Evidence-Based Sterility**

Dr. Lalonde provided foundational WALANT instruction, covering pharmacology, sterility evidence, and global best practices, setting a strong scientific foundation for the workshop.



DR. DONALD LALONDE

- **Dr. Carlos de Pina – WALANT in Wrist & Forearm Trauma**

Dr. de Pina presented case-based insights into using WALANT for complex wrist and forearm injuries, demonstrating the technique's wider surgical potential.



DR. CARLOS DE PINA

- **Dr. James Kariuki – WALANT at Karen Hospital**

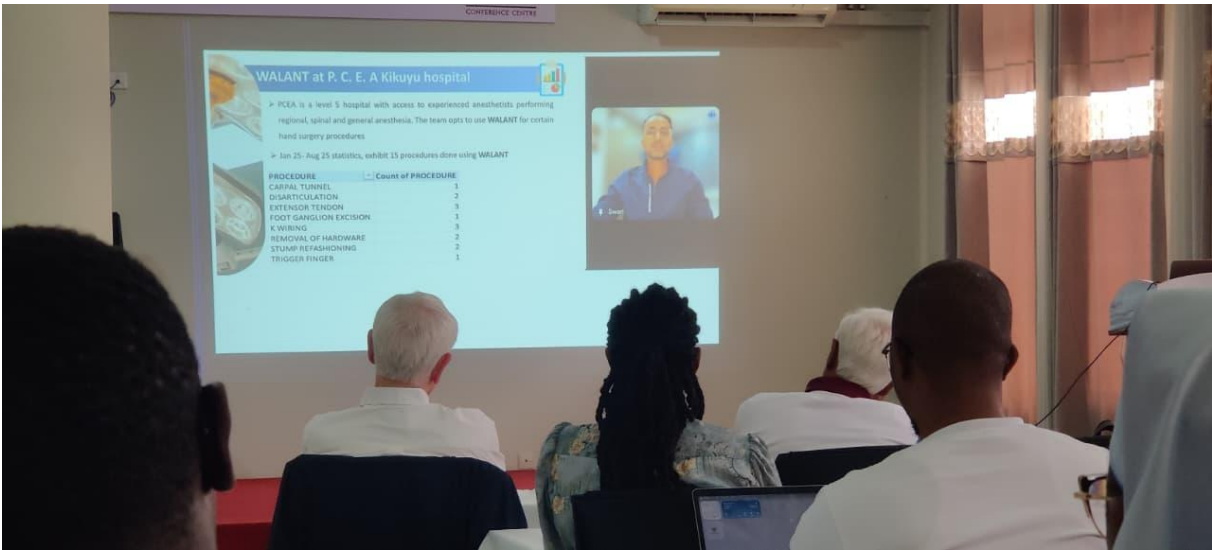
Dr. J. Kariuki, a fifth year resident shared institutional experience from Karen Hospital, presenting clinical outcomes, workflow benefits, and patient satisfaction indicators after having performed the highest number of WALANT surgeries in the region, since his training in 2021.



DR. JAMES KARIUKI

- **Dr. Jay Yajnik – Surgical Needs vs Anesthetic Resources**

Dr. Jay Yajnik joining online (due to flight cancellation and delays), addressed the shortages of main Operating rooms and Anaesthesia providers and demonstrated how WALANT offers a sustainable solution to increasing surgical capacity and challenging the existing culture of surgery.



DR. JAY YAGNIK

- **Practical Skills Faculty – Dr. Lalonde, Dr. De Pina, Dr. Nilkanth Jani**

The multidisciplinary team conducted hands-on sessions covering solution preparation, injection techniques, and common surgical applications, ensuring participants achieved practical competency.



Dr Lalonde demonstrates a SIMPLE almost painless digital block on an Dr Yigeremew Kebede (plastics Ethiopia) who then injects Dr Lalonde in turn. Willing participants then performed digital blocks on each other in pairs as part of the practical component of this course.



DR. LALONDE DEMONSTRATING WALANT INJECTION TECHNIQUE.



DISCUSSIONS FOLLOWING THE INJECTION DEMONSTRATION

Dr. Nilkanth Jani – Closing of Day One

Dr. N. Jani summarized the day, extended thanks, and provided guidance for the live surgical sessions planned for day two.

7. Assessment Component

Pre-Test – Day One

Participants completed a pre-test to assess baseline WALANT knowledge at the beginning of the first day and then again at the end of the second day repeated the test as a post test (**see appendix 2**).

8. DAY TWO – Live Surgical Demonstrations (29 November 2025)

Venue: Prince Regent Charles Hospital, Bujumbura

Venue: Prince Regent Charles Hospital, Bujumbura

Start Time: 8:30 AM

Day Two focused on **hands-on, theatre-based learning**, with participants to observing and participating in real WALANT solution preparation, injections, and surgical procedures across multiple

specialties. Four patients were injected with WALANT solution and underwent surgery under the guidance of local and international faculty.

Procedures Performed

1. General Surgery

Cases - Bilateral varicocele and Inguinal hernia

Surgeons: Dr. Sony Nahayo (Burundi), Dr. Nilkanth Jani (Kenya), Dr. Rashid Baiya (Tanzania), Dr. Andrew Omboga (Kenya)



DR. SONY NAYAHO (BURUNDI) ASSISTED BY DR. NILKANTH JANI (KENYA)

2. Orthopedic Surgery

Left Distal radio-ulnar fracture fixation

Surgeons: Dr. Carlos de Pina (Portugal – International Faculty), Dr. Zihindula Cuma moise (Burundi)



DR. CARLOS (PORTUGAL) AND DR. CUMA (BURUNDI) OPERATING ON THE DISTAL FOREARM FRACTURE UNDER WALANT



They reduced and plated radius/ulna forearm 4 week fractures that were consolidating in a 12 year old boy. They chiseled out the callus, reduced both bones and plated them. All with WALANT, zero sedation, and minimally painful tumescent local anesthesia. See the Xray on the window. The boy smiled and gave a thumbs up through the case.

3. Plastic & Reconstructive Surgery

Skin grafting for a chronic wound

Surgeons – Dr. Sadock (Burundi), Dr. Abdullahi Adan (Somalia), Dr. Tensafun Ali (Ethiopia)



DR. LALONDE INJECTING PART OF THE THE WALANT SOLUTION AT THE SKIN SITES WITH PARTICIPANT INJECTING MOST OF IT.

Residents rotated through the operating theatres and participated in the full WALANT surgical workflow, including:

- **WALANT Solution Preparation**
 - Step-by-step demonstration of mixing and buffering
 - Safe dosing and volume calculation
 - Use of standardized 50 ml, 100 ml, and 250 ml solutions
- **Injection Technique**
 - How to infiltrate tissues effectively
 - Tips for minimizing patient discomfort
 - Identifying correct tissue planes
- **Operative Techniques**
 - Principles of performing surgery under WALANT
 - Intraoperative communication with awake patients
 - Field sterility, ergonomics, and surgical tips for each specialty

Residents were given the opportunity to **scrub in, assist the operating surgeons, and observe decision-making in real time**, enhancing their practical understanding of WALANT's versatility. The active involvement of both **local Burundian surgeons** and the **international trainers – Prof. Pankaj Jani, Dr. Carlos de Pina and Dr. Don Lalonde** enriched the teaching experience and highlighted collaborative regional capacity building.

9. Key Outcomes

- Improved knowledge and confidence in WALANT principles and techniques.
- Strengthened regional collaboration between African countries.
- Demonstrated feasibility of WALANT for hand and soft-tissue procedures.
- Encouraged adoption of WALANT in participants' home institutions.
- Donation of WALANT Instruments and Consumables

As part of the workshop's objective to strengthen regional capacity for WALANT practice, the organizers donated **WALANT minor procedure room basic surgical instrument sets and essential consumables, including Sodium bicarbonate** to selected institutions and surgeons. These donations aim to support ongoing implementation of WALANT techniques in Burundi and the wider COSECSA region.

Donations Summary

Recipient of instruments

Bujumbura Prince Regent Charles Hospital

Mercy Surgeons

Dr. Alliance Niyukuri

Dr. Sadock

Dr. Sony Nahayo

Recipient of instruments

Dr. Zihindula Cuma Moise

Dr. Paulet

These donations were presented during the workshop to acknowledge the efforts of hospitals and surgeons who have shown commitment to implementing and expanding WALANT services in their institutions. The provision of both **instrument sets** and **sodium bicarbonate (where not available)**, a crucial buffering agent in WALANT anesthesia, is expected to significantly enhance the capacity of these teams to continue offering safe, effective, and patient-centered surgical care.

Post-Test – Day Two

A post-test evaluated knowledge gained from lectures, practicals, and live surgeries.

10. Closing ceremony and recommendations

- Include WALANT training surgical residency curricula
 - Ensure consistent supply of essential consumables.
 - Organize follow-up regional workshops and mentorship programs.
 - Develop local guidelines for standardized WALANT practice
 - Distribute more instrument sets
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11. Post course Whatsapp discussion group

Participants went home. Many started using WALANT in their home countries immediately on return, sharing their experiences, videos, photos, along with questions and answers by Profs Lalonde and Jani via Whatsapp group discussion. This is ongoing as in the 2 examples of WALANT cases performed at home after the course shown in the images below



Operated a patient with a thumb amputation following machine cut injury. Under wrist block + WALANT
 Osteoplastic reconstruction: filleted spare part of the amputated segment + tubed groin flap 9:06 AM

12. Overall Conclusion

The **WALANT Workshop**, part of the **pre-conference COSECSA workshops**, organized by **OTPAK** and **Mercy Surgeons** and **supported by IFSSH**, COSECSA and Ministry of health - Burundi successfully delivered high-quality instruction, hands-on practical experience, and live surgical demonstrations. The workshop enhanced participant knowledge, strengthened regional collaboration, and promoted sustainable, patient-centered surgical care using WALANT across Africa. We feel confident that this IFSSH investment will have a very positive impact to increase hand surgery education, access, and affordability in many countries in Africa.

A small component of the IFSSH \$10,000 grant was leftover at the end of the workshop. The request from the team was that we purchase more inexpensive WALANT basic instrument sets to start minor procedure room surgery in more hospitals with the balance, which was agreed by the IFSSH.