15th Sept. 2025,

**Subject: Invitation to Apply: COSECSA Pre- Conference WALANT Surgical Workshop – 28TH AND 29TH November 2025, Bujumbura, Burundi.**

Dear COSECSA Surgical Resident,

You are invited to apply for a **WALANT (Wide Awake Local Anesthesia No Tourniquet) Workshop** taking place on:

**Date:** November 2025 - Friday, 28th – WORKSHOP.

Saturday, 29th - LIVE CASES.

**Location:** Bujumbura, Burundi.

### About the Workshop

This hands-on training is designed to introduce surgical residents to the WALANT technique — a safe, cost-effective and affordable approach ideal especially in low-resource settings.

**WHO CAN APPLY**

**3rd, 4th, and 5th year residents in General surgery, Orthopedic surgery and Plastic surgery in 2025.**

**WHAT TO EXPECT:**

* Expert-led lectures and live demonstrations (surgeries)
* Practical, hands-on sessions
* Case discussions and networking

### How to Apply

To be considered for this workshop please submit your ***C.V with 2 names of referees, hospital name and year of study, log book of WALANT cases done so far (if any) and a one-page letter (max 500 words) outlining:***

* **How you plan to implement/expand WALANT** at your hospital.
* **Why this training is important** to your surgical career, your hospital and your community.
* **Your commitment** to applying the knowledge gained- and to collect and agree to submit all the data on 100 cases of WALANT surgery that you will oversee/do in one year after the workshop

**Submit your application to:** [pjani53@gmail.com](mailto:pjani53@gmail.com) and [jani.nilkanth95@gmail.com](mailto:jani.nilkanth95@gmail.com)

**DEADLINE** - By 30th September 2025.

### Sponsorship Opportunity

A **limited number of selected residents** will receive sponsorship, including:

1. Public means - **Road travel** to and from Bujumbura.
2. Accommodation during the workshop.
3. Meals on the workshop day(s).

Only committed and motivated applicants will be considered for sponsorship.

WALANT Paper links for reading :

1. [How to Minimize the Pain of Local Anesthetic Injection for W... : Plastic and Reconstructive Surgery – Global Open (lww.com)](https://journals.lww.com/prsgo/fulltext/2021/08000/how_to_minimize_the_pain_of_local_anesthetic.7.aspx)
2. [Safety of Lidocaine During Wide-Awake Local Anesthesia No Tourniquet for Distal Radius Plating - Journal of Hand Surgery Global Online (jhsgo.org)](https://www.jhsgo.org/article/S2589-5141(22)00193-1/fulltext)
3. [Wide-Awake Hand Surgery Experience in Patients 10 to 18 Years of Age - Journal of Hand Surgery Global Online (jhsgo.org)](https://www.jhsgo.org/article/S2589-5141(22)00023-8/fulltext)
4. [Current Evidence Involving WALANT Surgery - PubMed (nih.gov)](https://pubmed.ncbi.nlm.nih.gov/36420465/)

If you have any questions, please contact us at [pjani53@gmail.com](mailto:pjani53@gmail.com) and jani.nilkanth95@gmail.com

We look forward to receiving your application and supporting your growth as a future WALANT leader in your country.

Yours respectfully,  
**Professor. Pankaj G Jani**  
OTPAK - chairman

