

NAIROBI, Kenya

Paul McArthur, 14-15 March 2019



Congenital Hand Surgery Workshop

Facilitated by BFIRST & KSPRAS

After attending the BFIRST Ball fundraiser in November of last year I was so impressed with the work of BFIRST that I accepted a kind invitation from the committee to become involved in the overseas work.

The invitation was to contribute to the Kenya Association of Plastic, Reconstructive and Aesthetic Surgeons (KAPRAS) in delivering a two day workshop on the subject of Congenital Hand Surgery. After discussion with Dr Angela Muoki, Plastic Surgeon in Nairobi a programme was agreed and on the 14th March we gathered in the KAVI Boardroom of Nairobi University, at Kenyatta National Hospital to commence the programme.

The programme was facilitated by Prof Khainga, Head of Plastic Surgery and attended by the President of KAPRAS Dr Wanjeri and the Chair Of Surgery Dr Kibui. The participants included consultants in plastic and orthopaedic surgery, registrars (residents) and a mixture of other juniors and medical students – one from Manchester on her elective!

The day began with a series of presentations by the residents on the various congenital hand presentations follow by a commentary by myself and healthy discussion. The afternoon followed with effectively a pre-op clinic with review of the selected patients for the next day's operating list. This allowed for further discussion in particular as to the rationale for surgery and the reasons for the procedure selection.

The following day began with an introduction by Prof Khainga to the Principal of the College of Health Sciences, Prof Machoki and consideration of future developments with in the Plastic Surgery Department together with possible collaborations.

After tea in the hospital café we began the operating list. All the cases operated on received great attention from all the assembled surgeons. Discussion continued throughout and after each case with a refreshing eagerness to learn and contribute, all conducted within a relaxed and enjoyable atmosphere.

At the end of a long day we retired to a restaurant for a formal dinner – organised by the ever-smiling Winnie. The dinner was hosted by Dr Wanjeri who gave an after dinner speech congratulating all on a successful two days before the presentation of certificates to participants and a generous (but unnecessary) gift to myself.



The Plastic Surgery Team in Kenya is currently small in number but I believe the department has the leadership, enthusiastic resident programme and the desire to grow and expand. I believe this will happen not just within the field of congenital hand but in the wider scope of the speciality.

I must also extend my thanks to the children and parents who entrusted their children into our care for the two days. I would like to extend my gratitude to the theatre staff who, patiently and professionally welcomed so many of us to their theatre.

Finally, to Dr Ken Aluora thank you for enthusiasm, friendship and driving!



“
The experience, for me was extremely enjoyable and educational. I am grateful to KSPRAS, BFIRST and the team at Kenyatta National Hospital for the opportunity to meet such an enthusiastic group of surgeons.”