

Course on Sickle cell disease for adults

Frambu 24–25 November 2026



You will meet others with sickle cell disease
Lecturers from Oslo University Hospital
Free course and accommodation
Interpreter



The National Centre for Rare Diseases (Sjeldensenteret), Unit Gaustad, invites you to a course on sickle cell disease. Participation is free of charge.

Who can participate?

Adults diagnosed with sickle cell disease who were born in 2007 or earlier.

A partner/spouse may also participate in the educational programme.

When is the course?

Starts: Tuesday, 24 November 2026 at 09:00

Ends: Wednesday, 25 November 2026 at 15:30

It is possible to arrive at Frambu the day before.

Financial matters

The course and accommodation are free. Travel expenses are covered by Pasientreiser.

Loss of income:

Working participants with the diagnosis may contact their GP to consider sick leave.

Alternatively, you may apply for welfare leave, take a holiday day, or similar.

Partners/spouses of the participants with the diagnosis are not compensated for loss of income. You may, for example, apply to your employer for holiday leave, time off, or welfare leave with or without pay.

What does the course include?

The course will give you the opportunity to learn more about the diagnosis, have your questions addressed, and share experiences with others in a similar situation. The course also helps advisers and doctors at Sjeldensenteret gain more insight into what it is like to live with the condition.

Course topics:

- Information about diagnosis and treatment
- Managing symptoms and making daily life adjustments
- Rights related to the disease
- Physical activity and exercise
- Group discussions

The course consists of lectures, discussions, and group-based experience sharing. The programme will cover the topics listed above as well as questions submitted in the application form.

Interpreter

An interpreter will be available for participants who request this in advance.

Where is Frambu located?

The Centre for Rare Disorders, Unit Frambu, is located just outside Oslo.

Address: Sandbakkveien 18, 1404 Siggerud

Evening activities at Frambu

Frambu has a wonderful outdoor area with opportunities for forest walks, and it also has a heated swimming pool.

Apply before 15 September

You can apply digitally at :

www.sjeldnediagnoser.no → *Kurs og arrangementer*

→ *Personer med en sjelden diagnose og pårørende*

→ *Sigdcellesykdommer*

See the QR code at the bottom of the page.

Or apply by regular mail: see the last page.

You will receive a response to your application at the beginning of October.

Lunch webinar for professionals

Wednesday, 9 December, we will host a webinar for your GP and other healthcare professionals involved in your care.

Please share the enclosed invitation or send them the link.

See the QR code below and click on "Lunsjwebinar."

We encourage everyone to invite relevant professionals, regardless of whether you attend the course.

Questions?

If you have any questions, you can call 23 07 53 40

Website: www.sjeldnediagnoser.no



sjeldnediagnoser.no

Application form

Course on sickle cell disease 24 og 25 November 2026

Apply before: 15.09.26

WRITE IN CAPITAL LETTERS!

Name: _____

Date of birth: _____

Adress: _____

Area code: _____ City: _____

Mobile: _____

Diagnosis: _____

Partner who wish to attend the course:

Name: _____

Adress: _____

Mobile: _____

Interpreter

Do you need an interpreter for medical information?

Ja

☐

Nei

☐

If yes, which language and dialect? _____

Are you coming to Frambu on **Monday, November 23?**

Ja

☐

Nei

☐

Submit your questions

Fill out the last page of the application form, and we will create a good course based on your input. The programme will be published on sjeldnediagnoser.no one week before the course starts and handed out upon arrival.

Send to:
Nasjonalt senter for sjeldne diagnoser,
enhet Gaustad
Oslo universitetssykehus HF, Rikshospitalet,
Postboks 4950 Nydalen, 0424 Oslo
Mark with "Gjelder kurs"

What would you like to know?

1. Questions related to the topics presented above

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2. Other questions

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Date: _____

Signature: _____