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# Strengthening Sexual and Reproductive Health Capacity During Conflict: A Digital Course for Palestinian Health Professionals

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## Abstract

Access to quality sexual and reproductive health and rights (SRHR) services remains a major challenge in conflict settings such as the occupied Palestinian territories (oPt), where war and mobility restrictions severely impact women's health. This study evaluates the suitability of a blended digital course design on SRHR in conflict contexts and profiles its participants. Data were collected from 358 registrants across two course versions using structured registration and final semi-structured questionnaires. Descriptive analysis was conducted with SPSS, and open-ended responses were examined through content analysis. Of the 358 registrants, 157 completed the course (33 in the first version, 124 in the second). Most participants (85.8%) were under 35 years, with half younger than 25. The majority (82.7%) were midwives or nurses, and 58.1% reported working in SRH services. Among completers, 58.6% were aged 25 or younger. Geographically, 6.4% were from Gaza, 8.3% from Jerusalem, and the remainder largely from the West Bank. Health professionals dominated: 68.2% midwives, 19.1% nurses, and 1.9% physicians. While 54.8% had prior SRHR training, 59.2% reported current involvement in women's health. Knowledge gaps were evident: although most participants identified sexual health (83.5%), STIs (76.5%), and maternal health (83.5%) as SRHR components, fewer recognized menopause (67.3%) or gender-based violence (42.2%). Delivering SRHR education digitally helped overcome barriers but faced challenges from poor connectivity and damaged infrastructure. Despite these obstacles, completers reported enhanced understanding of SRHR topics. Strengthening training and capacity-building for SRH providers in conflict settings remains essential.

**Keywords:** Blended; Palestine; Quantitative; Suitability; War