



### THERAPEUTIC MANAGEMENT:

- Delgocitinib, the first targeted chronic hand eczema (CHE) therapy approved in the United States, offers a much-needed topical therapy for patients
- A diverse therapeutic pipeline (table below) will allow for further individualization of care



### PATIENT COUNSELING / BEHAVIORAL ADAPTATIONS:

- CHE is often multifactorial
- Clinicians should continue to reinforce the importance of general prevention measures, including gentle hand-washing, use of regular emollients, and limiting water exposure and the use of harsh soaps, fragrances, and dyes

## THERAPEUTIC PIPELINE FOR CHRONIC HAND ECZEMA

Current as of 12/30/2025

Therapeutic Agent (MoA / Administration)	Clinical Development Status and Clinical Considerations
<b>Delgocitinib</b> (Pan-JAK inhibitor / topical)	<b>APPROVED 2025:</b> Moderate-to-severe CHE in <b>adults</b> with inadequate response to or who are unable to use topical corticosteroids <sup>1</sup> <b>Clinical considerations:</b> <sup>1,2</sup> <ul style="list-style-type: none"> <li>• Negligible systemic absorption, free of propylene glycol</li> <li>• No boxed warning</li> <li>• May be combined with systemic biologics</li> <li>• Limit application to hands and wrists, and do not use more than 30 grams per 2 weeks or 60 grams per month</li> </ul>
<b>Roflumilast</b> (PDE4 inhibitor / oral)	<b>Phase 4 study (recruiting)</b> of chronic hand eczema in <b>adults</b> <sup>3</sup> <b>Clinical considerations:</b> <sup>1,2</sup> <ul style="list-style-type: none"> <li>• Free of propylene glycol</li> </ul>
<b>Dupilumab</b> (Anti-IL-4Ra mAb / injection)	<b>Phase 3 study (completed)</b> of moderate-to-severe atopic hand and foot dermatitis in <b>adults and children (≥12 years)</b> <sup>4</sup> <b>Clinical considerations:</b> <sup>5</sup> <ul style="list-style-type: none"> <li>• Approved for atopic dermatitis in adults and children ≥6 months</li> <li>• Can be used with or without topical corticosteroids</li> </ul>
<b>Lebrikizumab</b> (Anti-IL-13 mAb / injection)	<b>Phase 3 study (recruiting)</b> of moderate-to-severe atopic hand and foot dermatitis in <b>adults and children (≥12 years)</b> <sup>6</sup> <b>Clinical considerations:</b> <sup>7</sup> <ul style="list-style-type: none"> <li>• Approved for atopic dermatitis in adults and children ≥12 years</li> <li>• Can be used with or without topical corticosteroids</li> </ul>
<b>Tralokinumab</b> (Anti-IL-13 mAb / injection)	<b>Phase 3 study (completed)</b> of moderate-to-severe atopic hand eczema in <b>adults</b> <sup>8</sup> <b>Clinical considerations:</b> <sup>9</sup> <ul style="list-style-type: none"> <li>• Approved for atopic dermatitis in adults and children ≥12 years</li> <li>• Can be used with or without topical corticosteroids</li> </ul>
<b>Ruxolitinib</b> (JAK1/JAK2 inhibitor / topical)	<b>Phase 2 study (completed)</b> of moderate-to-severe, non-atopic chronic hand eczema in <b>adults</b> <sup>10</sup> <b>Clinical considerations:</b> <sup>11</sup> <ul style="list-style-type: none"> <li>• Approved for atopic dermatitis in adults and children ≥2 years</li> <li>• Combination with therapeutic biologics, other JAK inhibitors, or potent immunosuppressants <b>is not recommended</b></li> <li>• <b>Adult and pediatric patients ≥12 years:</b> Do not use more than 60 grams per week or 100 grams per 2 weeks</li> <li>• <b>Pediatric patients 2 to 11 years:</b> Do not use more than 60 grams per 2 weeks</li> </ul>
<b>Abrocitinib</b> (JAK1 inhibitor / oral)	<b>Phase 2 study (active, not recruiting)</b> of moderate-to-severe chronic hand eczema in <b>adults</b> <sup>12</sup> <b>Clinical considerations:</b> <sup>13</sup> <ul style="list-style-type: none"> <li>• Approved for refractory atopic dermatitis in adults and children ≥12 years</li> <li>• Combination with other JAK inhibitors, biologic immunomodulators, or other immunosuppressants <b>is not recommended</b></li> </ul>

CHE, chronic hand eczema; IL, interleukin; JAK, Janus kinase; mAb, monoclonal antibody; MoA, mechanism of action; PDE, phosphodiesterase; R, receptor

## REFERENCES

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