

Expert Summary: Toolkit for Personalized Care in Chronic Hand Eczema



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
Delgocitinib (Pan-JAK inhibitor / topical)	<p>APPROVED 2025: Moderate-to-severe CHE in adults with inadequate response to or who are unable to use topical corticosteroids¹</p> <p>Clinical considerations:^{1,2}</p> <ul style="list-style-type: none"> • <i>Negligible systemic absorption, free of propylene glycol</i> • <i>No boxed warning</i> • <i>May be combined with systemic biologics</i> • <i>Limit application to hands and wrists, and do not use more than 30 grams per 2 weeks or 60 grams per month</i>
Roflumilast (PDE4 inhibitor / oral)	<p>Phase 4 study (recruiting) of chronic hand eczema in adults³</p> <p>Clinical considerations:^{1,2}</p> <ul style="list-style-type: none"> • <i>Topical formulation for atopic dermatitis: free of propylene glycol</i>
Dupilumab (Anti-IL-4Ra mAb / injection)	<p>Phase 3 study (completed) of moderate-to-severe atopic hand and foot dermatitis in adults and children (≥12 years)⁴</p> <p>Clinical considerations:⁵</p> <ul style="list-style-type: none"> • <i>Approved for atopic dermatitis in adults and children ≥6 months</i> • <i>Can be used with or without topical corticosteroids</i>
Lebrikizumab (Anti-IL-13 mAb / injection)	<p>Phase 3 study (recruiting) of moderate-to-severe atopic hand and foot dermatitis in adults and children (≥12 years)⁶</p> <p>Clinical considerations:⁷</p> <ul style="list-style-type: none"> • <i>Approved for atopic dermatitis in adults and children ≥12 years</i> • <i>Can be used with or without topical corticosteroids</i>
Tralokinumab (Anti-IL-13 mAb / injection)	<p>Phase 3 study (completed) of moderate-to-severe atopic hand eczema in adults⁸</p> <p>Clinical considerations:⁹</p> <ul style="list-style-type: none"> • <i>Approved for atopic dermatitis in adults and children ≥12 years</i> • <i>Can be used with or without topical corticosteroids</i>
Ruxolitinib (JAK1/JAK2 inhibitor / topical)	<p>Phase 2 study (completed) of moderate-to-severe, non-atopic chronic hand eczema in adults¹⁰</p> <p>Clinical considerations:¹¹</p> <ul style="list-style-type: none"> • <i>Approved for atopic dermatitis in adults and children ≥2 years</i> • <i>Combination with therapeutic biologics, other JAK inhibitors, or potent immunosuppressants is not recommended</i> • Adult and pediatric patients ≥12 years: Do not use more than 60 grams per week or 100 grams per 2 weeks • Pediatric patients 2 to 11 years: Do not use more than 60 grams per 2 weeks
Abrocitinib (JAK1 inhibitor / oral)	<p>Phase 2 study (active, not recruiting) of moderate-to-severe chronic hand eczema in adults¹²</p> <p>Clinical considerations:¹³</p> <ul style="list-style-type: none"> • <i>Approved for refractory atopic dermatitis in adults and children ≥12 years</i> • <i>Combination with other JAK inhibitors, biologic immunomodulators, or other immunosuppressants is not recommended</i>

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

REFERENCES

1. Delgocitinib (ANZUPGO) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/219155s000lbl.pdf. Accessed 12/30/25.; 2. Gooderham M, et al. Presented at American Academy of Dermatology (AAD) Congress. Orlando, Florida, March 7-11, 2025; 3. <https://clinicaltrials.gov/study/NCT05682859>; 4. <https://clinicaltrials.gov/study/NCT04417894>; 5. Dupilumab (DUPIXENT) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/761055s070lbl.pdf. Accessed 12/30/25.; 6. <https://clinicaltrials.gov/study/NCT06921759>; 7. Lebrikizumab (EBLYSS) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/761306s005lbl.pdf. Accessed 12/30/25.; 8. <https://clinicaltrials.gov/study/NCT05958407>; 9. Tralokinumab-ldrm (ADBRY) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/761180s019lbl.pdf. Accessed 12/30/25. 10. <https://clinicaltrials.gov/study/NCT05906628>; 11. Ruxolitinib (OPZELURA) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2025/215309s007lbl.pdf. Accessed 12/30/25. 12. <https://clinicaltrials.gov/study/NCT06283550>; 13. Abrocitinib (CIBINQO) Prescribing Information. https://www.accessdata.fda.gov/drugsatfda_docs/label/2023/213871s004lblcorrected.pdf. Accessed 12/30/25.