



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

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 (EBGLYS) 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.