



INFLAMMATORY SKIN DISEASES (OTHER THAN ATOPIC DERMATITIS & PSORIASIS)

EFFICACY OF CALCIPOTRIOL OINTMENT FOR THE TREATMENT OF CHRONIC HAND ECZEMA: A RANDOMIZED, DOUBLE-BLINDED STUDY

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Background: Topical potent corticosteroids is the mainstay treatment in chronic hand eczema (CHE). However, there are numerous adverse effects from chronic use of topical corticosteroids. Calcipotriol has been widely used in psoriasis and was reported to achieve beneficial effects in several inflammatory diseases.

Objective: This study aims to evaluate the efficacy and safety of calcipotriol ointment comparing to desoximetasone ointment in the treatment of CHE.

Materials and Methods: Subjects with CHE were recruited. Each hand of the subjects was randomly allocated to be treated with either calcipotriol or desoximetasone ointment twice daily for 8 weeks. Recurrence was assessed at 4-week after discontinuation of the treatment. HECSI scores, quartile grading assessment and digital photographs were performed at baseline, at the 2nd, 6th, 8th and 12th week. Adverse reactions were also monitored.

Results: Total 13 participants completed the protocol. Mean HECSI scores were up to 75% reduction in both treatments ($p < 0.001$) without significant difference between groups ($p > 0.05$). Around 70% of the subjects reported more than 75% improvement by calcipotriol at the end of the treatment. Mild scaling and mild dryness were the most common reactions found in calcipotriol and desoximetasone, respectively.

Conclusions: Calcipotriol is safe and as effective as desoximetasone ointment. This may be an alternative treatment option for CHE.

