

# HECOS: Consented core outcome set for hand eczema

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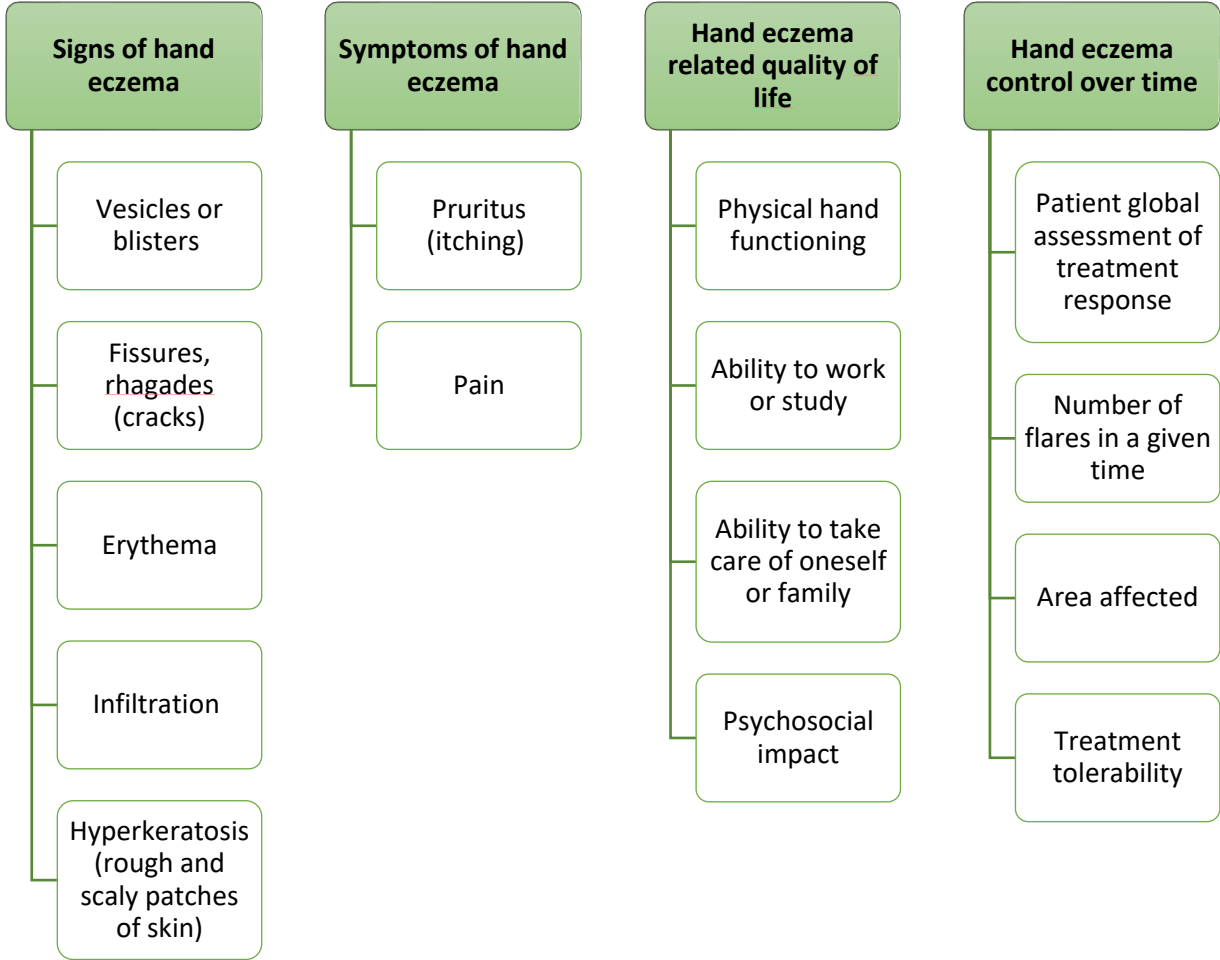


Figure 1: Core outcome domains and subdomains for therapeutic hand eczema trials

### **1. Domain “signs of hand eczema”**

This means all the changes in the skin that a doctor, patient, or another person can look at during an examination.

- 1.1. Vesicles or blisters
- 1.2. Fissures, rhagades (cracks)
- 1.3. Erythema (redness)
- 1.4. Infiltration (elevated skin): papules, patches, plaques, nodules  
This refers to the skin getting thicker, causing raised changes that you can feel, either with or without thick scaling. This thickening usually happens in specific areas, forming different types of bumps.
- 1.5. Hyperkeratosis (rough and scaly patches of skin)

### **2. Domain “symptoms of hand eczema”**

This means all skin complaints that only the patient can feel and describe.

- 2.1. Pruritus (itching)
- 2.2. Pain

### **3. Domain “hand eczema related quality of life”**

This means all aspects of life that are affected by hand eczema.

- 3.1. Physical hand functioning (ability to perform various tasks and movements)  
This is about how well the hands can perform various tasks and movements. It includes actions like gripping, holding, and moving the fingers.
- 3.2. Ability to work or study (e.g. sick leave, problems at work or study, discontinuation)
- 3.3. Ability to take care of oneself or family (housework, shopping, bathing, hygiene)
- 3.4. Psychosocial impact (e.g. concerning shaking hands, impairment of social contacts, relationships or sexual life, stigmatization, difficulties showing affection, self-consciousness, staying at home because of hand eczema, influence on clothing, withdrawal from social life)

### **4. Domain “hand eczema control over time”**

This is all about how well-controlled the hand eczema is over time. By regularly checking things like how severe it is or how often it flares up, we can figure out if hand eczema is being well controlled over time.

- 4.1. Patient global assessment of treatment response  
Global assessment of treatment response means looking at how well an entire treatment is working overall. It involves evaluating if the treatment is helping, making things better, or if there are still issues.
- 4.2. Number of flares in a given time (e.g. number of flares in the past three months)  
This means that it is recorded how often hand eczema gets worse during a given period of time.
- 4.3. Area affected  
This means how large of an area is affected by the condition. For example, it may be only one thumb or the entire hand.
- 4.4. Treatment tolerability  
Treatment tolerability means how well a person can handle and endure a particular treatment. It is about how comfortable or manageable the treatment is for the individual.