



This resource has been produced by LEO Pharma and is intended only for patients in the UK who have been prescribed Anzupgo®

# Treatment Diary

## Indication:

Anzupgo®▼ (delgocitinib) is used in adults to treat moderate to severe chronic hand eczema. It is used when corticosteroid skin creams do not work well enough or cannot be used.<sup>1</sup>

Before and during your treatment with Anzupgo® please take the time to read the patient information leaflet (PIL) that comes in the pack. This booklet does not replace the PIL. The patient information leaflet (PIL) can also be accessed at [www.medicines.org.uk](http://www.medicines.org.uk). Always use exactly as your dermatology team have told you.<sup>1</sup>

▼ This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. Please turn to the back page for information on how to report side effects.

**This treatment diary belongs to:**

**Healthcare professional's name:**

**Healthcare professional's contact details:**

## Using your treatment diary

This treatment diary is designed to help you stay on track with your medicine by keeping a record of where on the hands you are experiencing Chronic Hand Eczema (CHE). This may also be useful when reviewing progress and treatment with your care team.

This diary covers your first 12 weeks of treatment – on the following pages you can capture your symptoms, how you are feeling and any questions you have for your care team.<sup>1</sup>

Before and during your treatment with Anzupgo®, please take the time to read the patient information leaflet (PIL) that comes in the pack. This diary and the contents of this pack does not replace the PIL, which contains important information. Always use Anzupgo® exactly as your dermatology team have instructed you.<sup>1</sup>

# Your treatment goals

As you follow your Anzupgo® treatment, you may find it helpful to use this diary to think about what you want from your treatment and set some goals you hope to achieve.

Here are some suggested questions you can complete at the start of your treatment journey. You can review it with your care team at your appointments to help you monitor how you feel your treatment is progressing.

## As I start my treatment with Anzupgo® I feel...

Describe what it's been like for you living with Chronic Hand Eczema

---

---

## My goal for the first 3 months of treatment is...

Try and make it specific and realistic – for example 'To never miss an application'.

---

---

## I will keep track of applying my Anzupgo® cream by...

What can you do to make sure you take your treatment at the right time (at least 12 hours apart)<sup>1</sup>

---

---

## I will review this plan on...

Include a date when you will look back at this plan.

---

---



# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless			Well-rested	
My mood					
	Feeling bad			Feeling great	

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK. Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless			Well-rested	
My mood					
	Feeling bad			Feeling great	

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK. Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK. Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK. Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

# Hand Eczema Symptom Diary<sup>2</sup>

Week starting:

## Where am I experiencing hand eczema?

Circle the areas on the hand below to record where you are currently experiencing Chronic Hand Eczema lesions.



## Points to discuss with my care team:

Make a note of anything about your Chronic Hand Eczema you'd like to discuss with your care team:

---

---

---

## How am I feeling about Chronic Hand Eczema?

Use this section to record how you've been doing on this week in your treatment. Simply circle one option from each category below:

My sleep					
	Extremely restless				Well-rested
My mood					
	Feeling bad				Feeling great

This is not a validated tool.

You can use the diary below, to track the symptoms of your Chronic Hand Eczema this week. For each symptom, give yourself a rating of between **0 = no symptoms** and **10 = severe symptoms**, based on your current experience.

	Itch	Pain	Cracking	Redness	Flaking	Dryness
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Weekly average						

Hand Eczema Symptom Diary adapted from Molin S, Dermatol Ther (Heidelb). 2024 Mar;14(3):643-669.

## Notes about my progress:

Use this section to write down your thoughts about how things are going in general, e.g., what's going well? What could be better? How do you feel you're doing with the goals you've set?

---

---

---

---

If you get any side effects talk to your doctor, pharmacist, or nurse. You can also report any side effects to the MHRA in the UK.

Full adverse event reporting information can be found on the back page of this booklet.

This patient diary is not designed for diagnosis, prevention, monitoring, prediction, prognosis, treatment or alleviation of disease.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed on this leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/> or search MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on safety of this medicine.

Adverse events should also be reported to Drug Safety at LEO Pharma by calling +44 (0)1844 347333 or e-mail [medical-info.uk@leo-pharma.com](mailto:medical-info.uk@leo-pharma.com).

### **Reference:**

1. UK. Anzupgo® (delgocitinib) PIL, November 2024.
  2. Molin S, et al. *Dermatol Ther (Heidelb)*. 2024, Mar;14(3):643–669.
- MAT-77075 | Date of preparation: April 2025