

ORAL CHEMOTHERAPY EDUCATION



National Community Oncology
Dispensing Association, Inc.
PASSION FOR PATIENTS



HAND-FOOT REACTION

Hand-foot reaction (sometimes referred to as hand-foot syndrome) describes a common side effect of certain oral anticancer therapies (e.g., capecitabine, sunitinib, cabozantinib) affecting the palms of the hand and/or bottoms of the feet.

Hand-foot reaction may cause the following:

- Redness
- Tingling
- Numbness
- Swelling
- Cracking of the skin
- Thickening of the skin at pressure points (similar to calluses)
- Pain while on the feet or while using hands for everyday tasks

Hand-foot reaction typically starts after a few weeks of treatment. It will go away after treatment is stopped, but not right away.

What can you do to lessen the severity of hand-foot reaction?

- Regularly apply a moisturizing cream.
 - Udder Cream and Bag Balm are two commonly used products.
- Urea cream (10%–20%) is helpful to use on thickened skin.
- Wear well-fitted shoes as well as socks to avoid excess rubbing on the feet.
- Use gloves when working with your hands.
- Avoid exposure to heat (including hot water) on hands and feet.
- Wear SPF 30 or higher daily, or wear long-sleeved shirts and pants.
- Pat your skin dry after washing hands and feet instead of rubbing with a towel.

Call your care team if you experience any of the following symptoms:

- You notice blistering of the hands and/or feet.
- You notice that it is painful to do everyday tasks with the hands and/or feet.

Additional instructions

Important notice: The Association of Community Cancer Centers (ACCC), Hematology/Oncology Pharmacy Association (HOPA), National Community Oncology Dispensing Association, Inc. (NCODA), and Oncology Nursing Society (ONS) have collaborated in gathering information for and developing this patient educational supplement. This summarized information represents a brief summary of supportive care information and other resources. This supplement does not cover all existing information related to the possible directions, doses, precautions, interactions, adverse effects, or risks associated with specific medication or adverse events and should not substitute for the advice of a qualified healthcare professional. Provision of this supplement is for informational purposes only and does not constitute or imply endorsement, recommendation, or favoring of this side effect management by ACCC, HOPA, NCODA, or ONS, who assume no liability for and cannot ensure the accuracy of the information presented. The collaborators are not making any representations with respect to the clinical information presented whatsoever, and any and all decisions, with respect to such patient management, are at the sole risk of the individual consuming the medication. All decisions related to education and managing adverse events should be made with the guidance and under the direction of a qualified healthcare professional.

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