



Self-harm data, 2017 CHO Area 1

Table 1: Number of residents and person-based European age-standardised rates (EASR) per 100,000

		Persons	Age-standardised rate per 100,000
Donegal	Male	155	225
	Female	163	219
Sligo/Leitrim/West Cavan	Male	72	164
	Female	83	186
Cavan/Monaghan	Male	99	161
	Female	102	159
CHO Area 1	Male	326	187
	Female	348	190

For the period from 1 January to 31 December 2017, the Registry recorded 11,600 self-harm presentations to hospital that were made by 9,103 individuals nationally. In 2017, 326 male and 348 female residents of CHO Area 1 presented to EDs with an act of self-harm. Taking into account the population, the rate of persons presenting to hospital following self-harm was 187 and 190 per 100,000 for males and females respectively. Nationally, the rate of self-harm for males and females was 181 and 218 per 100,000 respectively.

Table 2: Presentations by age and gender

	<15yrs	15-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
Male	14	59	52	103	64	51	34	377
Female	25	105	44	72	90	68	36	440

In 2017, there were 377 male and 440 female presentations of self-harm. Three-quarters (72%) of all presentations were made by those aged 15-44 years.

Table 3: Method of self-harm

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
502 (61%)	295 (36%)	26 (3%)	63 (8%)	26 (3%)	220 (27%)

*This includes presentations where alcohol was involved (not just as the main method of self-harm)

Drug overdose was the most common method of self-harm, involved in 61% of presentations (n=502). Alcohol was involved in 36% of presentations (n=295). Self-cutting was the only other common method, involved in 27% of presentations (n=220). There were 63 (8%) presentations involving attempted hanging while 26 (3%) presentations involved poisoning and 26 (3%) involved attempted drowning.

Table 4: Repeat presentations by residents

	Male	Female	Total
Number of persons	326	348	674
Number who repeated	38	46	84
% repeating	12%	13%	12%

There were 674 individuals treated for 817 self-harm presentations in 2017. This implies that one in five (143, 18%) of the presentations in 2017 were due to repeat presentations. Based on persons, the rate of repetition was more or less equal for men and women (12% and 13% respectively).

Table 5: Repeat presentations by method

	Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
Number of individuals treated	419	243	22	54	23	164
Number repeating	47	37	0	<10	<10	28
Percentage repeating	11%	15%	-	-	-	17%



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The rate of repetition varied with the method of self-harm involved in the self-harm act (Table 5). Of the commonly used methods of self-harm, drug overdose and alcohol were associated with a 11% and 15% rate of repetition respectively. However, self-cutting had slightly higher rate of repetition (17%).

Table 6: Presentations to hospital in region

	Residents	Non-residents	Total
Letterkenny General Hospital	379	12	391
Sligo General Hospital	180	57	237
Cavan General Hospital	197	16	213

The three main hospitals residents from this area presented to were Letterkenny General Hospital, Sligo General Hospital and Cavan General Hospital. For all self-harm patients seen in Letterkenny General Hospital (n=391), 379 were residents of this area, while 180 residents presented to Sligo General Hospital and 197 residents presented to Cavan General Hospital.

Table 7: Recommended next care for hospital-treated self-harm by residents of area

	Number	Percentage
General admission	243	30%
Psychiatric admission	146	18%
Left without being seen/ against medical advice	83	10%
Not admitted	345	42%
Total	817	100%

Overall, 10% of presentations left the emergency department before a next care recommendation could be made. Of all self-harm presentations, 30% resulted in admission to a ward of the treating hospital and 18% were admitted for psychiatric inpatient treatment from the emergency department. Most commonly, 42% of presentations were discharged following treatment in the emergency department.



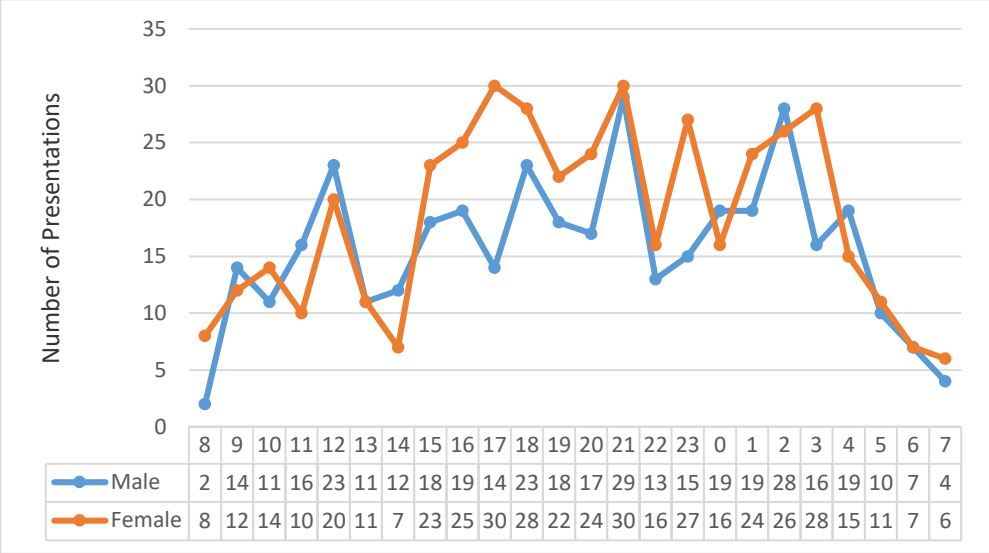


Figure 1: Self-harm presentations by time of attendance

There was a pattern in the number of self-harm presentations seen over the course of the day in 2017. The numbers for both men and women fluctuated throughout the day. The peaks for men were 9pm and 2am while women peaked at 5pm and 9pm.

Table 8: Self-harm presentations by month of attendance

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	69	77	72	84	67	47	90	68	54	68	54	67	817

Table 8 presents number of presentations in each calendar month. The monthly average number of self-harm presentations to hospitals in 2017 was 68. In 2017, July saw more self-harm presentations than any other month while June saw the fewest presentations for the year.

*To reference this data, please use the following citation: Griffin, E, Dillon, CB, McTernan, N, Arensman, E, Williamson, E, Perry, IJ, Corcoran, P, (2018). National Self-Harm Registry Ireland Annual Report 2017. Cork: National Suicide Research Foundation. For further information, please contact Eve or Niall: evgriffin@ucc.ie +353 21 420 5551 | www.nsrif.ie