

## Self-harm data, 2017 CHO Area 2

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

		Persons	Age-standardised rate per 100,000
<b>Galway</b>	Male	207	167
	Female	273	220
<b>Mayo</b>	Male	90	163
	Female	96	166
<b>Roscommon</b>	Male	34	125
	Female	69	247
<b>CHO Area 2</b>	Male	331	160
	Female	438	208

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, 331 male and 438 female residents of CHO Area 2 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 160 and 208 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**

	<20yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
<b>Male</b>	54	88	86	97	56	31	412
<b>Female</b>	154	77	111	89	67	51	549

In 2017, there were 412 male and 549 female presentations of self-harm. More than half (57%) of all presentations were made by those aged 20-44 years.

**Table 3: Method of self-harm**

<b>Drug overdose</b>	<b>Alcohol*</b>	<b>Poisoning</b>	<b>Attempted Hanging</b>	<b>Attempted drowning</b>	<b>Self-cutting</b>
581 (61%)	362 (38%)	26 (3%)	85 (9%)	57 (6%)	249 (26%)

\*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=581). Alcohol was involved in 38% of presentations (n=362). Self-cutting was the only other common method, involved in 26% of presentations (n=249). There were 85 (9%) presentations involving attempted hanging while 57 (6%) presentations involved attempted drowning and 26 (3%) involved poisoning.

**Table 4: Repeat presentations by residents**

	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>Number of persons</b>	331	438	769
<b>Number who repeated</b>	50	70	120
<b>% repeating</b>	15%	16%	16%

There were 769 individuals treated for 961 self-harm presentations in 2017. This implies that 20% (n=192) 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 (15% and 16%, respectively).

**Table 5: Repeat presentations by method**

	<b>Drug overdose</b>	<b>Alcohol*</b>	<b>Poisoning</b>	<b>Attempted Hanging</b>	<b>Attempted drowning</b>	<b>Self-cutting</b>
<b>Number of individuals treated</b>	469	288	21	70	47	182
<b>Number repeating</b>	68	46	<10	11	<10	31
<b>Percentage repeating</b>	14%	16%	-	16%	-	17%

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, alcohol and attempted hanging were associated with a 14%,16% and 16% rate of repetition. Self-cutting was associated with a 17% rate of repetition.

**Table 6: Presentations to hospital in region**

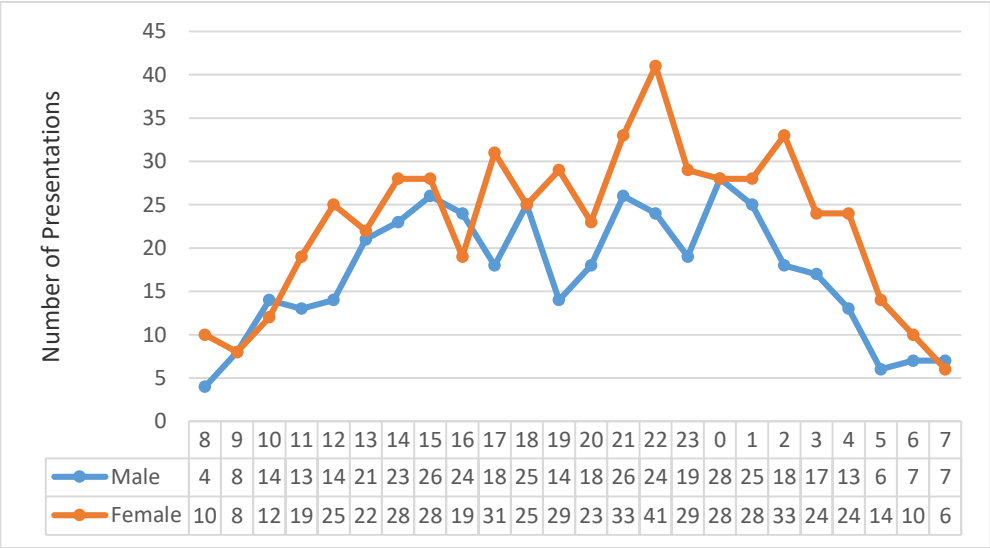
	Residents	Non-residents	Total
<b>Galway University Hospital</b>	539	87	626
<b>Mayo General Hospital</b>	216	17	233
<b>Portiuncula Hospital, Ballinasloe</b>	132	54	186

The three main hospital residents from this area presented to were Galway University Hospital, Mayo General Hospital and Portiuncula Hospital, Ballinasloe. For all self-harm patients seen in Galway University Hospital, (n=626) 539 were residents of this area, while 216 residents presented to Mayo General Hospital and 132 residents presented to Portiuncula Hospital, Ballinasloe.

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

	Number	Percentage
<b>General admission</b>	214	23%
<b>Psychiatric admission</b>	106	11%
<b>Left without being seen/ against medical advice</b>	129	13%
<b>Not admitted</b>	512	53%
<b>Total</b>	961	100%

Overall, 13% of presentations left the emergency department before a next care recommendation could be made. Of all self-harm presentations, 23% resulted in admission to a ward of the treating hospital and 11% were admitted for psychiatric inpatient treatment from the emergency department. Most commonly, 53% of presentations were discharged following treatment in the emergency department.



**Figure 1: Self-harm presentations by time of attendance**

There was a striking pattern in the number of self-harm presentations seen over the course of the day in 2017. The numbers for both men and women gradually increased during the day. The peak for men was midnight and the peak for women was 10pm.

**Table 8: Self-harm presentations by month of attendance**

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	72	69	69	83	90	76	85	65	83	80	96	93	961

Table 8 presents number of presentations in each calendar month. The monthly average number of self-harm presentations to hospitals in 2017 was 80. In 2017, November saw more self-harm presentations than any other month while August 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, JJ, Corcoran, P, (2018). National Self-Harm Registry Ireland Annual Report 2017. Cork: National Suicide Research Foundation. For further information, please contact Eve or Niall: [evegriffin@ucc.ie](mailto:evegriffin@ucc.ie) +353 21 420 5551 | [www.nsrif.ie](http://www.nsrif.ie)