



Self-harm data, 2018

CHO Area 1

For the period from 1 January to 31 December 2018, the Registry recorded 12,588 self-harm presentations to hospital that were made by 9,785 individuals nationally. Table 1 presents an overview of the number of persons with self-harm presentations in CHO 1 and LHOs within CHO 1 during 2018, and the corresponding European age-standardised rate per 100,000 population.

Table 1: Number of persons with self-harm presentations in CHO 1 and person-based European age-standardised rates (EASR) per 100,000

		Persons	Age-standardised rate per 100,000
Donegal	Male	157	232
	Female	174	240
Sligo/Leitrim/West Cavan	Male	82	191
	Female	101	221
Cavan/Monaghan	Male	92	152
	Female	105	168
CHO Area 1	Male	332	195
	Female	380	210

In 2018, 332 male and 380 female persons presented to EDs in CHO Area 1 following an act of self-harm. This resulted in a total of 712 individuals presenting to the EDs in this area during 2018. These 712 individuals were treated for a total of 887 self-harm presentations.

Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 195 and 210 per 100,000 for males and females respectively. Nationally, the rate of self-harm for males and females was 193 and 229 per 100,000 respectively.



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Table 2 presents a breakdown of the total number of presentations in CHO 1 by age and gender.

Table 2: Number of presentations in CHO 1 by age and gender

	0-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
Male	64	72	100	94	39	38	407
Female	131	57	66	98	89	39	480

In 2018, there were a total of 887 self-harm presentations to EDs in CHO Area 1. There were 407 male and 480 female presentations. Presentations were highest for males aged 25-34 years (25%) and females aged under 20 years (27%). More than one in five (22%; 195) self-harm presentations involved individuals younger than 20 years of age.

Table 3 presents an overview of the methods of self-harm reported.

Table 3: Method of self-harm

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
535 (60%)	219 (25%)	24 (3%)	65 (7%)	40 (5%)	258 (29%)

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

Drug overdose was the most common method of self-harm, involved in 60% of presentations. Alcohol was involved in 25% of presentations. Self-cutting was the only other common method, involved in 29% of presentations. There were 65 presentations involving attempted hanging while 40 involved attempted drowning and 24 presentations involved poisoning.

Table 4 presents a breakdown of the number of persons in CHO 1 who had repeat presentations.

Table 4: Repeat presentations by persons in CHO 1

	Male	Female	Total
Total number of persons	332	380	712
Number who repeated	43	56	99
% repeating	13%	15%	14%

There were 712 individuals treated for 887 self-harm presentations in 2018. This implies that one in five (175, 20%) of the presentations in 2018 were due to repeat presentations.



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Based on persons, repetition was higher for females than males (15% and 13% respectively).

Table 5 presents a breakdown of the methods of self-harm reported and the number of repeat presentations for each method.

Table 5: Repeat presentations by method

	Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
Number of presentations	535	219	24	65	40	258
Number repeat presentations	91	51	<10	13	<10	70
Percentage of presentations due to repetition	17%	23%	-	20%	-	27%

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

Repetition varied according to the method involved in the self-harm act (Table 5). Of the most commonly reported methods of self-harm which are drug overdose, alcohol and self-cutting, the percentage of presentations due to repetition were 17%, 23% and 27% respectively. Although attempted hanging as a method is not reported on a frequent basis (7% of methods reported overall), the repetition percentage was high (20%).

Table 6 presents an overview of the number of presentations to the three hospitals in CHO 1 by residents and non-residents.

Table 6: Number of presentations by residents and non-residents to hospitals in CHO 1

	Residents	Non-residents	Total
Letterkenny General Hospital	385	13	398
Sligo General Hospital	229	40	269
Cavan General Hospital	201	19	220

The three main hospitals which individuals presented to in this area were Letterkenny General Hospital, Sligo General Hospital and Cavan General Hospital. For all self-harm presentations to each of the three hospitals, the majority of presentations were made by residents of CHO 1.



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Table 7 presents a breakdown of the recommended next care for each presentation to CHO 1.

Table 7: Recommended next care for presentations of hospital-treated self-harm in CHO 1

	Number	Percentage
General admission	267	30%
Psychiatric admission	162	18%
Left without being seen/ against medical advice	96	11%
Not admitted	362	41%
Total	887	100%

Most commonly, 41% of presentations were discharged following treatment in the emergency department. 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. Finally, 11% of presentations left the emergency department before a next care recommendation could be made.

Figure 1 presents a breakdown of the number of presentations by males and females by time of attendance.

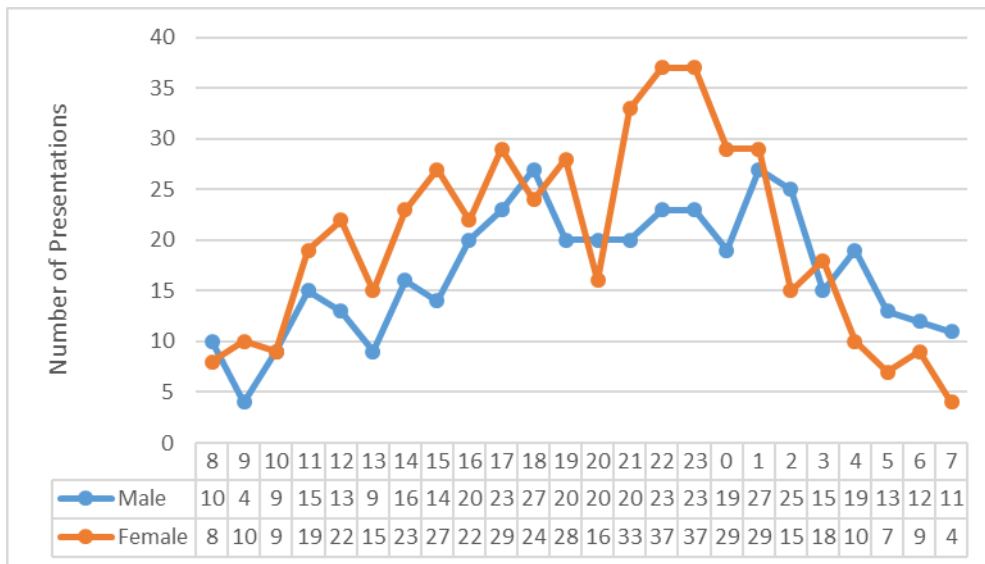


Figure 1: Self-harm presentations for males and females by time of attendance



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The number of presentations by both males and females fluctuated throughout the day. However, a pattern in the number of self-harm presentations was observed over the course of the day with an increase in presentations from 8 a.m. and 9 a.m. onwards for females and males respectively. The peak time for females was 10 and 11 p.m. while it was 6 p.m. and 1 a.m. for males.

Table 8 presents a breakdown of the number of presentations per calendar month in 2018.

Table 8: Self-harm presentations by month of attendance

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	87	70	72	73	79	64	60	79	74	74	78	77	887

The monthly average number of self-harm presentations to hospitals in 2018 was 74. In 2018, January saw more self-harm presentations than any other month (n=87) while July saw the fewest presentations for the year (n=60).

*To reference this data, please use the following citation: Griffin, E, McTernan, N, Wrigley, C, Nicholson, S, Arensman, E, Williamson, E, Corcoran, P, (2019). National Self-Harm Registry Ireland Annual Report 2018. Cork: National Suicide Research Foundation. For further information, please contact Mary Joyce: m.joyce@ucc.ie +353 21 420 5542 | www.nsrif.ie