



Self-harm data, 2018

CHO Area 2

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 2 and LHOs within CHO 2 during 2018, and the corresponding European age-standardised rate per 100,000 population.

Table 1: Number of persons with self-harm presentations in CHO 2 and person-based European age-standardised rates (EASR) per 100,000

		Persons	Age-standardised rate per 100,000
Galway	Male	202	163
	Female	315	256
Mayo	Male	98	178
	Female	148	256
Roscommon	Male	31	109
	Female	44	157
CHO Area 2	Male	331	162
	Female	507	241

In 2018, 331 male and 507 female persons presented to EDs in CHO Area 2 following an act of self-harm. This resulted in a total of 838 individuals presenting to the EDs in this area during 2018. These 838 individuals were treated for a total of 1,047 self-harm presentations.

Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 162 and 241 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 2 by age and gender.

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

	0-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
Male	67	72	91	79	52	34	395
Female	192	101	125	90	77	67	652

In 2018, there were a total of 1,047 self-harm presentations to EDs in CHO Area 2. There were 395 male and 652 female presentations. Presentations were highest for males aged 25-34 years (23%) and females aged under 20 years (29%). Approximately one in four (25%; 259) 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
606 (58%)	361 (35%)	21 (2%)	95 (9%)	42 (4%)	297 (28%)

*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 58% of presentations. Alcohol was involved in 35% of presentations. Self-cutting was the only other common method, involved in 28% of presentations. There were 95 presentations involving attempted hanging while 42 involved attempted drowning and 21 presentations involved poisoning.

Table 4 presents a breakdown of the number of persons in CHO 2 who had repeat presentations.

Table 4: Repeat presentations by persons in CHO 2

	Male	Female	Total
Total number of persons	331	507	838
Number who repeated	43	80	123
% repeating	13%	16%	15%

There were 838 individuals treated for 1,047 self-harm presentations in 2018. This implies that one in five (209, 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 (16% 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	606	361	21	95	42	297
Number repeat presentations	118	60	<10	20	<10	72
Percentage of presentations due to repetition	19%	17%	-	21%	-	24%

*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 19%, 17% and 24% respectively. Although attempted hanging as a method is not reported on a frequent basis (9% of methods reported overall), the repetition percentage was high (21%).

Table 6 presents an overview of the number of presentations to the three hospitals in CHO 2 by residents and non-residents.

Table 6: Number of presentations by residents and non-residents to hospitals in CHO 2

	Residents	Non-residents	Total
Galway University Hospital	580	97	677
Mayo General Hospital	286	<10	<296
Portiuncula Hospital, Ballinasloe	134	55	189

The three main hospitals which individuals presented to in this area were Galway University Hospital, Mayo General Hospital and Portiuncula Hospital, Ballinasloe. For all self-harm presentations to each of the three hospitals, the majority of presentations were made by residents of CHO 2.



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Table 7 presents a breakdown of the recommended next care for each presentation to CHO 2.

Table 7: Recommended next care for presentations of hospital-treated self-harm in CHO 2

	Number	Percentage
General admission	226	22%
Psychiatric admission	97	9%
Left without being seen/ against medical advice	118	11%
Not admitted	606	58%
Total	1047	100%

Most commonly, 58% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 22% resulted in admission to a ward of the treating hospital and 9% 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.

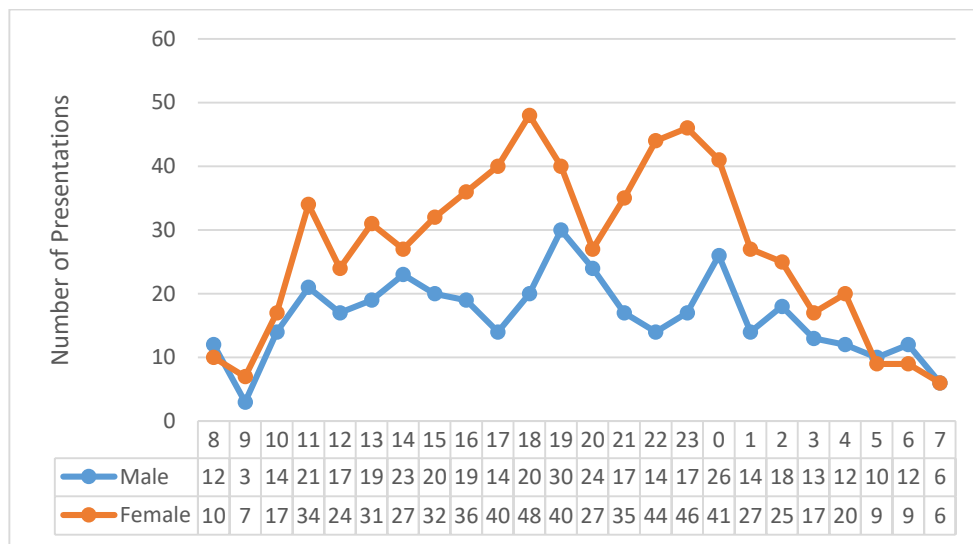


Figure 1: Self-harm presentations for males and females by time of attendance



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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 9 a.m. onwards for both males and females. The peak time for males was 7 p.m. while it was 6 p.m. for females.

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	79	63	88	87	111	96	92	100	80	97	73	81	1,047

The monthly average number of self-harm presentations to hospitals in 2018 was 87. In 2018, May saw more self-harm presentations than any other month (n=111) while February saw the fewest presentations for the year (n=63).

*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