



Self-harm data, 2019

CHO Area 1

For the period from 1 January to 31 December 2019, the Registry recorded 12,465 self-harm presentations to hospital that were made by 9,705 individuals nationally. Table 1 presents an overview of the number of persons residing in CHO 1, and LHOs within CHO 1, who presented to hospital as a result of self-harm in 2019. The corresponding age-standardised rate per 100,000 population is also included.

In 2019, 666 residents of CHO 1, 315 male and 351 female, presented to hospital with a total of 876 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 182 and 200 per 100,000 for males and females respectively. Nationally, the rate of self-harm for males and females was 187 and 226 per 100,000 respectively.

		Persons	Age-standardised rate per 100,000
CHO Area 1	Male	315	182
	Female	351	200
Donegal	Male	135	199
	Female	139	197
Sligo/Leitrim/West Cavan	Male	76	168
	Female	91	209
Cavan/Monaghan	Male	104	173
	Female	121	199

Table 1: Number of persons residing in CHO 1 and LHOs within CHO 1 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 876 self-harm presentations by residents of CHO 1. Table 2 presents a breakdown of the total number of presentations by age and gender.

	0-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
Male	75	69	92	70	40	34	380
Female	136	79	69	97	81	34	496

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

There were 380 male and 496 female presentations. Presentations were highest for males aged 25-34 years (24%) and females aged under 20 years (27%). Approximately one in four (24%; 211) self-harm presentations involved individuals younger than 20 years of age.

An overview of the reported methods of self-harm is presented in table 3.

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
509 (58%)	190 (22%)	22 (3%)	64 (7%)	24 (3%)	301 (34%)

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

Table 3: Method of self-harm

Drug overdose was the most common method of self-harm, involved in 58% of presentations. Self-cutting was the only other common method, involved in 34% of presentations. Alcohol was involved in 22% of presentations. There were 64 presentations involving attempted hanging while 24 involved attempted drowning and 22 presentations involved poisoning.

A breakdown of the number of CHO 1 residents who made a repeat self-harm presentation in 2019 is provided by males and females in table 4.

	Male	Female	Total
Number of individuals who presented	315	351	666
Number who repeated	44	50	94
% who repeated	14%	14%	14%

Table 4: Number and percentage of CHO 1 residents who had a repeat self-harm presentation in 2019

Of the 666 residents who presented with self-harm in 2019, 94 (14%) did so more than once. Based on persons, repetition was the same for females as males (14%).

Table 5 presents a breakdown of the number of persons who had repeat presentations by method of self-harm.

	Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
Number of individuals who presented	408	163	18	53	24	199
Number who repeated	54	29	<5	<5	<5	38
% who repeated	13%	18%	<20%	<10%	<10%	19%

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

Note: The number of persons and number who repeated is greater than that presented in Table 4 as more than one method may have been used by each person in an act of self-harm.

Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2019 by method of self-harm

The rate of repetition varied according to the method involved in the self-harm act (Table 5). Of those engaging in the most commonly reported methods including drug overdose, alcohol and self-cutting, 13%, 18% and 19% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 1 is outlined in table 6.

	Number	Percentage
Letterkenny General Hospital	306	35%
Cavan General Hospital	231	26%
Sligo General Hospital	228	26%
Hospitals outside of CHO 1	111	13%
Total	876	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 1, by hospital

Residents of CHO 1 primarily presented to the three acute hospitals within their own region (87%). A smaller percentage (13%) presented to hospitals outside of this region, primarily to Our Lady's Hospital Navan and Our Lady of Lourdes Hospital Drogheda.

Table 7 presents the recommended next care for CHO 1 residents following a self-harm presentation.

	Number	Percentage
General admission	253	29%
Psychiatric admission	110	13%
Left without being seen/ against medical advice	83	10%
Not admitted	430	49%
Total	876	100%

Table 7: Recommended next care for presentations by residents of CHO 1

Most commonly, 49% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 29% resulted in admission to a ward of the treating hospital and 13% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 10% of presentations left the emergency department before a next care recommendation could be made.

The number of presentations by males and females by time of attendance is presented in figure 1.

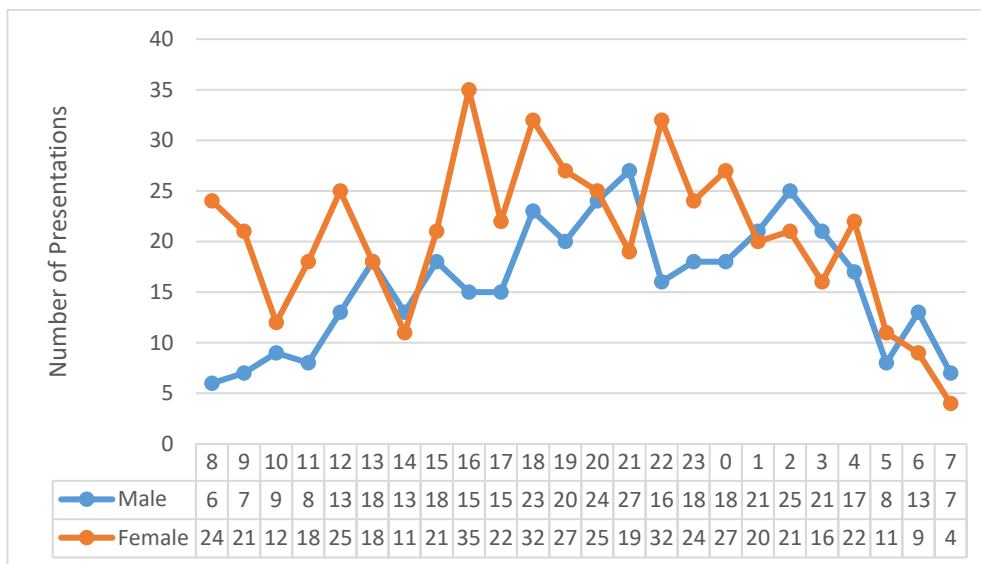


Figure 1: Self-harm presentations for males and females by time of attendance

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



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increase in presentations from 8 a.m. onwards for males and 7 a.m. onwards for females. The peak time for males was 9 p.m. while it was 4 p.m. for females.

A breakdown of the number of presentations per calendar month in 2019 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	76	55	70	76	85	57	85	81	91	70	68	62	876

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 73. In 2019, September saw more self-harm presentations than any other month (n=91) while February saw the fewest presentations for the year (n=55).

*To reference information presented in this report, please use the following citation:

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