

Self-harm data, 2019

CHO Area 3

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 3, and LHOs within CHO 3, 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, 720 residents of CHO 3, 303 male and 417 female, presented to hospital with a total of 884 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 167 and 233 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 3	Male	303	167
	Female	417	233
Clare	Male	74	142
	Female	96	178
Limerick	Male	155	205
	Female	219	300
Tipperary North/ East Limerick	Male	74	139
	Female	102	193

Table 1: Number of persons residing in CHO 3 and LHOs within CHO 3 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 884 self-harm presentations by residents of CHO 3. 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	54	61	77	78	52	33	355
Female	149	96	82	101	62	39	529

Table 2: Number of presentations by CHO 3 residents by age and gender

There were 355 male and 529 female presentations. Presentations were highest for males aged 35-44 years (22%) and females aged under 20 years (28%). Approximately one in four (23%; 203) 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
548 (62%)	388 (44%)	13 (2%)	82 (9%)	87 (10%)	257 (29%)

*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 62% of presentations. Self-cutting was the only other common method, involved in 29% of presentations. Alcohol was involved in 44% of presentations. There were 87 presentations involving attempted drowning while 82 involved attempted hanging and 13 presentations involved poisoning.

A breakdown of the number of CHO 3 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	303	417	720
Number who repeated	40	62	102
% who repeated	13%	15%	14%

Table 4: Number and percentage of CHO 3 residents who had a repeat self-harm presentation in 2019

Of the 720 residents who presented with self-harm in 2019, 102 (14%) did so more than once. Based on persons, repetition was higher for females than males (15% and 13% respectively).

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	459	327	11	69	82	191
Number who repeated	66	48	<5	<10	<10	39
% who repeated	14%	15%	<10%	<10%	<10%	20%

*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, 14%, 15% and 20% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 3 is outlined in table 6.

	Number	Percentage
University Hospital Limerick	770	87%
Mid-Western Regional Hospital, Ennis	19	2%
Hospitals outside of CHO 3	95	11%
Total	884	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 3, by hospital

Residents of CHO 3 primarily presented to University Hospital Limerick which is the largest hospital in this region. A smaller percentage (2%) presented to Mid-Western Regional Hospital Ennis. Outside of CHO 3, residents of this area primarily presented to South Tipperary General Hospital and the Midland Regional Hospital Portlaoise.



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Table 7 presents the recommended next care for CHO 3 residents following a self-harm presentation.

	Number	Percentage
General admission	107	12%
Psychiatric admission	57	6%
Left without being seen/ against medical advice	103	12%
Not admitted	617	70%
Total	884	100%

Table 7: Recommended next care for presentations of hospital-treated self-harm in CHO 3

Most commonly, 70% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 12% resulted in admission to a ward of the treating hospital and 6% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 12% 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.

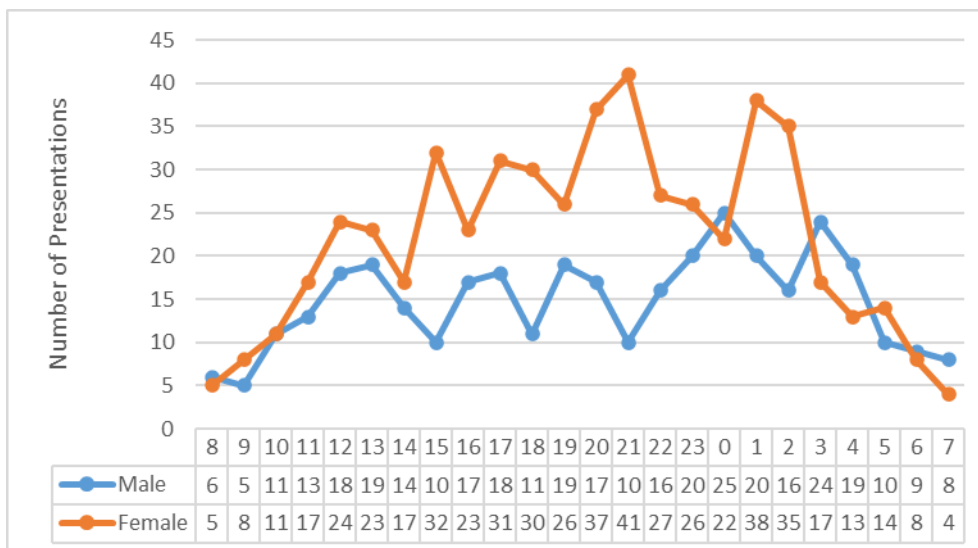


Figure 1: Self-harm presentations for males and females by time of attendance

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 9 a.m. onwards for males and 7 a.m. onwards for females. The peak time for males was midnight while it was 9 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	75	64	68	64	62	77	78	87	82	90	79	58	884

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 74. In 2019, October saw more self-harm presentations than any other month (n=90) while December saw the fewest presentations for the year (n=58).

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

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