

## Self-harm data, 2019

### CHO Area 4

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 4, and LHOs within CHO 4, 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, 1,294 residents of CHO 4, 613 male and 681 female, presented to hospital with a total of 1,606 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 189 and 209 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 4	Male	613	189
	Female	681	209
Kerry	Male	148	235
	Female	163	241
Cork-North Lee	Male	215	231
	Female	222	243
Cork-South Lee	Male	147	147
	Female	184	179
North Cork	Male	70	164
	Female	72	177
West Cork	Male	33	141
	Female	40	171

*Table 1: Number of persons residing in CHO 4 and LHOs within CHO 4 who presented to hospital with self-harm and person-based age-standardised rates per 100,000*

In 2019, there were a total of 1,606 self-harm presentations by residents of CHO 4. 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
<b>Male</b>	122	125	182	172	96	64	761
<b>Female</b>	219	123	184	133	110	76	845

Table 2: Number of presentations by CHO 4 residents by age and gender

There were 761 male and 845 female presentations. Presentations were highest for males aged 25-34 years (24%) and females aged under 20 years (26%). Approximately one in four (23%; 366) self-harm presentations involved individuals aged 25-34 years.

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

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
997 (62%)	407 (25%)	31 (2%)	126 (8%)	54 (3%)	363 (23%)

\*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 23% of presentations. Alcohol was involved in 25% of presentations. There were 126 presentations involving attempted hanging while 54 involved attempted drowning and 31 presentations involved poisoning.

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

	Male	Female	Total
<b>Number of individuals who presented</b>	613	681	1,294
<b>Number who repeated</b>	98	94	192
<b>% who repeated</b>	16%	14%	15%

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

Of the 1,294 residents who presented with self-harm in 2019, 192 (15%) did so more than once. Based on persons, repetition was higher for males than females (16% and 14% respectively).

Table 5 presents a breakdown of the number of persons who had repeat presentations by 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>
<b>Number of individuals who presented</b>	813	335	27	102	45	278
<b>Number who repeated</b>	120	58	<5	14	<10	52
<b>% who repeated</b>	15%	17%	<10%	14%	<20%	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, 15%, 17% and 19% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 4 is outlined in table 6.

	<b>Number</b>	<b>Percentage</b>
<b>Cork University Hospital</b>	528	33%
<b>Mercy University Hospital, Cork</b>	627	39%
<b>University Hospital Kerry</b>	371	23%
<b>Bantry General Hospital</b>	51	3%
<b>Hospitals outside of CHO 4</b>	29	2%
<b>Total</b>	1,606	100%

*Table 6: Number and percentage of self-harm presentations by residents of CHO 4, by hospital*

Residents of CHO 4 primarily presented to hospitals within their own region (98%). A small percentage (2%) presented to hospitals outside of this region, primarily to University Hospital Limerick.



# National Self-Harm Registry Ireland

Table 7 presents the recommended next care for CHO 4 residents following a self-harm presentation.

	Number	Percentage
<b>General admission</b>	370	23%
<b>Psychiatric admission</b>	110	7%
<b>Left without being seen/ against medical advice</b>	166	10%
<b>Not admitted</b>	960	60%
<b>Total</b>	1,606	100%

Table 7: Recommended next care for presentations by residents of CHO 4

Most commonly, 60% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 23% resulted in admission to a ward of the treating hospital and 7% 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.

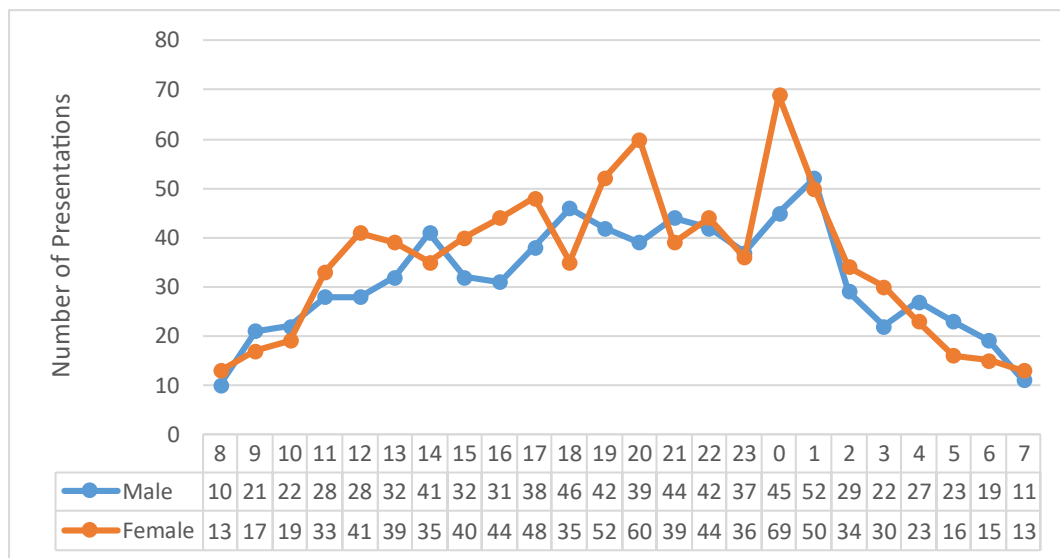


Figure 1: Self-harm presentations for males and females by time of attendance

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





# National Self-Harm Registry Ireland

increase in presentations from 8 a.m. onwards for both males and females. The peak time for males was 1 a.m. while it was midnight 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	176	117	129	137	144	132	139	134	121	140	118	119	1,606

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

The monthly average number of self-harm presentations to hospitals in 2019 was 134. In 2019, January saw more self-harm presentations than any other month (n=176) while February saw the fewest presentations for the year (n=117).

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

Joyce, M, Daly, N, McTernan, N, Griffin, E, Nicholson, S, Arensman, E, Williamson, E, Corcoran, P, (2020). National Self-Harm Registry Ireland Annual Report 2019. Cork: National Suicide Research Foundation.



This information is provided via the National Self-Harm Registry Ireland. For further information, please contact: Mary Joyce, Registry Manager, [m.joyce@ucc.ie](mailto:m.joyce@ucc.ie) or Caroline Daly, Postdoctoral Researcher, [carolinedaly@ucc.ie](mailto:carolinedaly@ucc.ie)