



Self-harm data, 2018

CHO Area 5

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 5 and LHOs within CHO 5 during 2018, and the corresponding European age-standardised rate per 100,000 population.

Table 1: Number of persons with self-harm presentations in CHO 5 and person-based European age-standardised rates (EASR) per 100,000

		Persons	Age-standardised rate per 100,000
Carlow/ Kilkenny	Male	143	233
	Female	149	237
Tipperary South	Male	122	296
	Female	136	318
Waterford	Male	101	168
	Female	121	209
Wexford	Male	116	179
	Female	181	255
CHO Area 5	Male	482	213
	Female	587	250



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In 2018, 482 male and 587 female persons presented to EDs in CHO Area 5 following an act of self-harm. This resulted in a total of 1,069 individuals presenting to the EDs in this area during 2018. These 1,069 individuals were treated for a total of 1,385 self-harm presentations.

Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 213 and 250 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.

Table 2 presents a breakdown of the total number of presentations in CHO 5 by age and gender.

Table 2: Number of presentations in CHO 5 by age and gender

	0-19yrs	20-24yrs	25-34yrs	35-44yrs	45-54yrs	55+yrs	Total
Male	98	128	152	88	55	50	571
Female	215	160	128	114	111	86	814

In 2018, there were a total of 1,385 self-harm presentations to EDs in CHO Area 5. There were 571 male and 814 female presentations. Presentations were highest for males aged 25-34 years (27%) and females aged under 20 years (26%). More than one in five (23%; 313) 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
818 (59%)	400 (29%)	18 (1%)	119 (9%)	48 (3%)	423 (31%)

*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 59% of presentations. Alcohol was involved in 29% of presentations. Self-cutting was the only other common method, involved in 31% of presentations. There were 119 presentations involving attempted hanging while 48 involved attempted drowning and 18 presentations involved poisoning.

Table 4 presents a breakdown of the number of persons in CHO 5 who had repeat presentations.

Table 4: Repeat presentations by persons in CHO 5

	Male	Female	Total
Total number of persons	482	587	1069
Number who repeated	55	87	142
% repeating	11%	15%	13%

There were 1,069 individuals treated for 1,385 self-harm presentations in 2018. This implies that almost one in four (316, 23%) of the presentations in 2018 were due to repeat presentations. Based on persons, repetition was higher for females than males (15% and 11% 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	818	400	18	119	48	423
Number repeat presentations	148	60	<10	25	<10	150
Percentage of presentations due to repetition	18%	15%	-	21%	-	35%

*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 18%, 15% and 35% 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%).



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Table 6 presents an overview of the number of presentations to the four hospitals in CHO 5 by residents and non-residents.

Table 6: Number of presentations by residents and non-residents to hospitals in CHO 5

	Residents	Non-residents	Total
University Hospital Waterford	373	13	386
St. Luke's General Hospital, Kilkenny	372	38	410
Wexford General Hospital	291	14	305
South Tipperary General Hospital	274	49	323

The four main hospitals which individuals presented to in this area were University Hospital Waterford, St. Luke's General Hospital, Kilkenny, Wexford General Hospital and South Tipperary General Hospital. For all self-harm presentations to each of the four hospitals, the majority of presentations were made by residents of CHO 5.

Table 7 presents a breakdown of the recommended next care for each presentation to CHO 5.

Table 7: Recommended next care for presentations of hospital-treated self-harm in CHO 5

	Number	Percentage
General admission	450	33%
Psychiatric admission	63	5%
Left without being seen/ against medical advice	163	12%
Not admitted	709	51%
Total	1385	100%

Most commonly, 51% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 33% resulted in admission to a ward of the treating hospital and 5% 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.

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

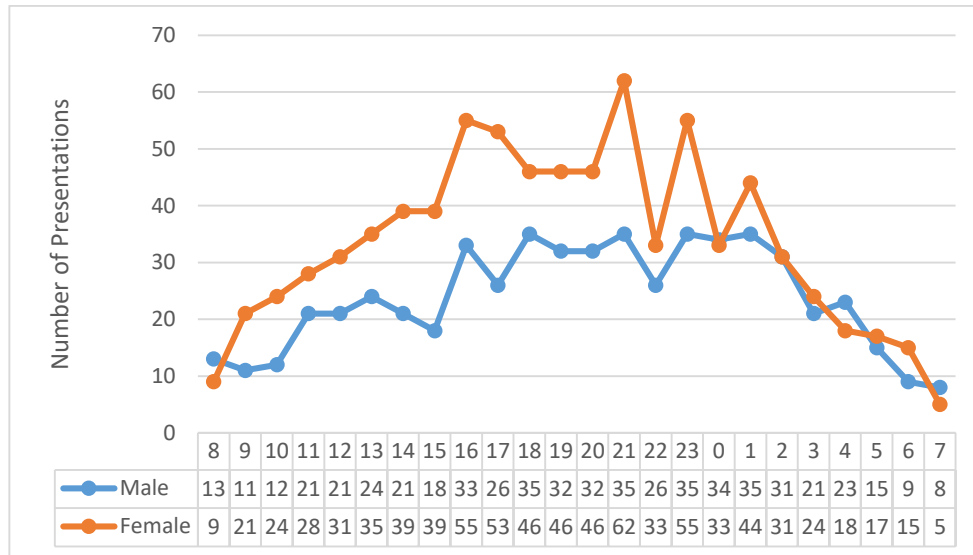


Figure 1: Self-harm presentations for males and females by time of attendance

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 times for males were 6 p.m., 9 p.m., 11 p.m. and 1 a.m., while it was 9 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	130	99	105	120	132	107	113	125	110	117	111	116	1385

The monthly average number of self-harm presentations to hospitals in 2018 was 115. In 2018, January and May saw more self-harm presentations than any other month (130 and 132 respectively) while February saw the fewest presentations for the year (n=99).

*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