

Self-harm data, 2019

CHO Area 5

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 5, and LHOs within CHO 5, 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, 1,119 residents of CHO 5, 502 male and 617 female, presented to hospital with a total of 1,474 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 224 and 266 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 5	Male	502	224
	Female	617	266
Carlow/ Kilkenny	Male	134	219
	Female	155	243
Tipperary South	Male	117	285
	Female	118	294
Waterford	Male	107	184
	Female	145	249
Wexford	Male	144	227
	Female	199	285

Table 1: Number of persons residing in CHO 5 and LHOs within CHO 5 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 1,474 self-harm presentations by residents of CHO 5. 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	113	134	208	85	68	47	655
Female	220	153	167	112	96	71	819

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

There were 655 male and 819 female presentations. Presentations were highest for males aged 25-34 years (32%) and females aged under 20 years (27%). Approximately one in four (25%; 375) 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
907 (62%)	434 (29%)	9 (1%)	136 (9%)	68 (5%)	421 (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 29% of presentations. There were 136 presentations involving attempted hanging while 68 involved attempted drowning and 9 presentations involved poisoning.

A breakdown of the number of CHO 5 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	502	617	1,119
Number who repeated	94	96	190
% who repeated	19%	16%	17%

Table 4: Number and percentage of CHO 5 residents who had a repeat self-harm presentation in 2019

Of the 1,119 residents who presented with self-harm in 2019, 190 (17%) did so more than once. Based on persons, repetition was higher for males than females (19% and 16% 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	725	348	<10	99	52	301
Number who repeated	106	61	0	20	13	67
% who repeated	15%	18%	0%	20%	25%	22%

*This includes presentations where alcohol was involved (not just where alcohol was the main method 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%, 18% and 22% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 5 is outlined in table 6.

	Number	Percentage
University Hospital Waterford	444	30%
St. Luke's General Hospital, Kilkenny	371	25%
Wexford General Hospital	319	22%
South Tipperary General Hospital	277	19%
Hospitals outside of CHO 5	63	4%
Total	1,474	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 5, by hospital

Residents of CHO 5 primarily presented to the four acute hospitals within their own region (96%). A smaller percentage (4%) presented to hospitals outside of this region, primarily to University Hospital Limerick.

Table 7 presents the recommended next care for CHO 5 residents following a self-harm presentation.

	Number	Percentage
General admission	487	33%
Psychiatric admission	131	9%
Left without being seen/ against medical advice	171	12%
Not admitted	685	47%
Total	1,474	100%

Table 7: Recommended next care for presentations by residents of CHO 5

Most commonly, 47% 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 9% 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.

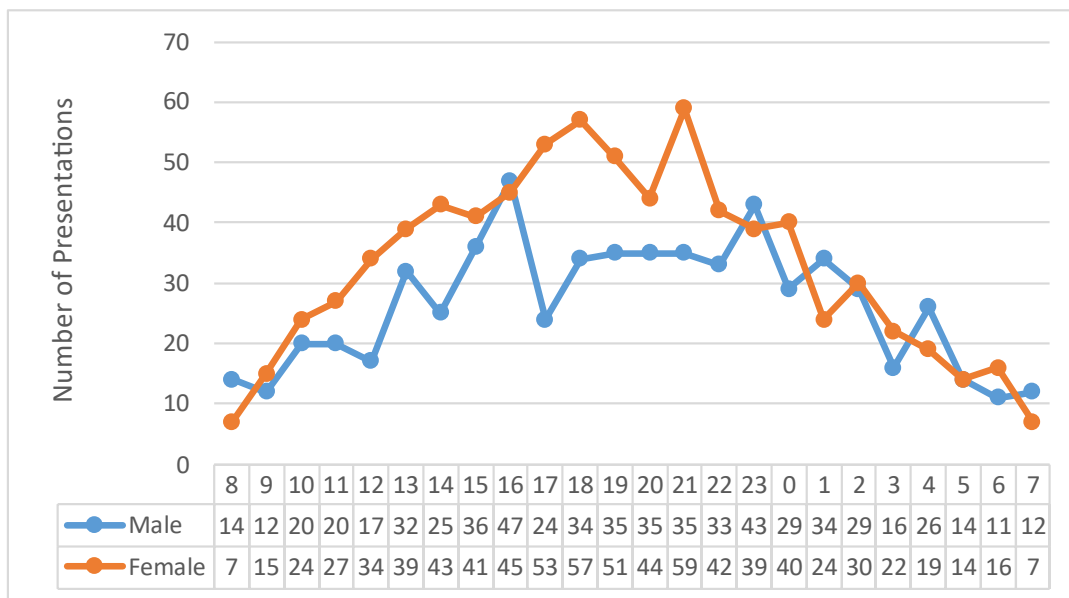


Figure 1: Self-harm presentations for males and females by time of attendance

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 6 a.m. onwards for males and 8 a.m. onwards for females. The peak time for males was 4 p.m. 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	131	108	146	143	121	128	114	114	137	106	126	100	1,474

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 123. In 2019, March saw more self-harm presentations than any other month (n=146) while December saw the fewest presentations for the year (n=100).

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

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