



Self-harm data, 2019

CHO Area 6

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 6, and LHOs within CHO 6, 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, 580 residents of CHO 6, 232 male and 348 female, presented to hospital with a total of 749 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 125 and 183 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 6	Male	232	125
	Female	348	183
Dublin South East	Male	45	73
	Female	91	138
Dun Laoghaire	Male	80	127
	Female	132	197
Wicklow	Male	107	198
	Female	125	224

Table 1: Number of persons residing in CHO 6 and LHOs within CHO 6 who presented to hospital with self-harm and person-based age-standardised rates per 100,000



In 2019, there were a total of 749 self-harm presentations by residents of CHO 6. 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	53	53	80	65	25	34	310
Female	123	54	75	61	64	62	439

Table 2: Number of presentations by CHO 6 residents by age and gender

There were 310 male and 439 female presentations. Presentations were highest for males aged 25-34 years (26%) and females aged under 20 years (28%). Approximately one in four (24%; 176) 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
519 (69%)	272 (36%)	14 (2%)	50 (7%)	13 (2%)	206 (28%)

*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 69% of presentations. Self-cutting was the only other common method, involved in 28% of presentations. Alcohol was involved in 36% of presentations. There were 50 presentations involving attempted hanging while 14 involved poisoning and 13 presentations involved attempted drowning.

A breakdown of the number of CHO 6 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	232	348	580
Number who repeated	38	46	84
% who repeated	16%	13%	15%

Table 4: Number and percentage of CHO 6 residents who had a repeat self-harm presentation in 2019

Of the 580 residents who presented with self-harm in 2019, 84 (15%) did so more than once. Based on persons, repetition was higher for males than females (16% 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	409	202	12	44	11	150
Number who repeated	51	29	0	<15	<5	26
% who repeated	13%	14%	0%	<30%	<10%	17%

*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%, 14% and 17% repeated self-harm respectively.

Table 6 presents the recommended next care for CHO 6 residents following a self-harm presentation.

	Number	Percentage
General admission	180	24%
Psychiatric admission	11	2%
Left without being seen/ against medical advice	72	10%
Not admitted	486	65%
Total	749	100%

Table 6: Recommended next care for presentations by residents of CHO 6

Most commonly, 65% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 24% resulted in admission to a ward of the treating hospital and 2% 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.

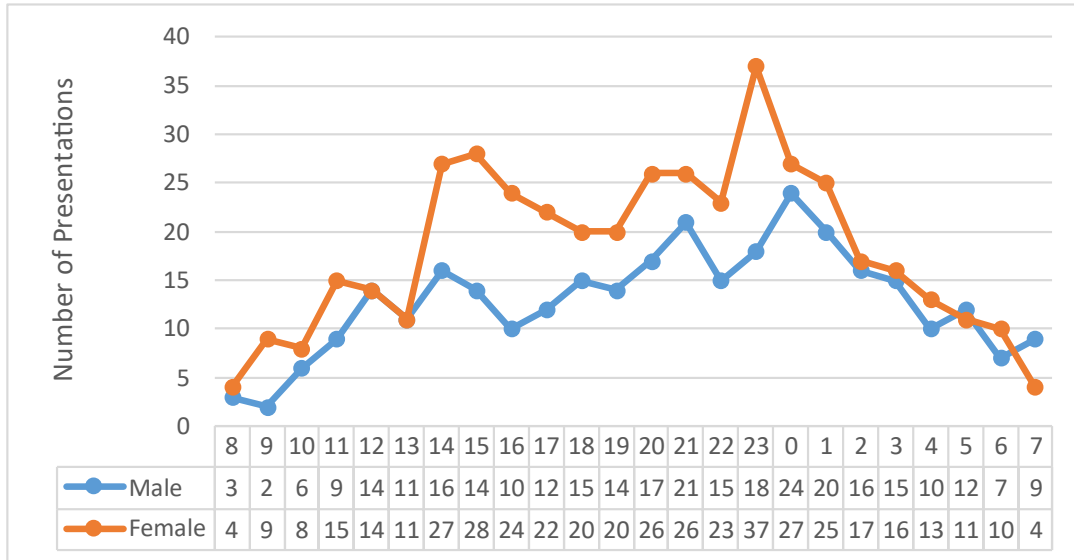


Figure 1: Self-harm presentations for males and females by time of attendance

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 increase in presentations from 9 a.m. onwards for males and 8 a.m. onwards for females. The peak time for males was midnight while it was 11 p.m. for females.

A breakdown of the number of presentations per calendar month in 2019 is presented in table 7.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	78	63	60	66	67	56	70	62	66	53	62	46	749

Table 7: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 62. In 2019, January saw more self-harm presentations than any other month (n=78) while December saw the fewest presentations for the year (n=46).

*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.