



Self-harm data, 2019

CHO Area 7

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 7, and LHOs within CHO 7, 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, 1,478 residents of CHO 7, 691 male and 787 female, presented to hospital with a total of 1,855 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 197 and 224 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 7 | Male | 691 | 197 |
| | Female | 787 | 224 |
| Dublin South City | Male | 119 | 159 |
| | Female | 154 | 194 |
| Dublin South West | Male | 214 | 280 |
| | Female | 211 | 273 |
| Kildare/ West Wicklow | Male | 204 | 182 |
| | Female | 228 | 194 |
| Dublin West | Male | 154 | 198 |
| | Female | 194 | 253 |

Table 1: Number of persons residing in CHO 7 and LHOs within CHO 7 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 1,855 self-harm presentations by residents of CHO 7. 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 | 156 | 162 | 229 | 148 | 100 | 62 | 857 |
| Female | 241 | 139 | 221 | 186 | 120 | 91 | 998 |

Table 2: Number of presentations by CHO 7 residents by age and gender

There were 857 male and 998 female presentations. Presentations were highest for males aged 25-34 years (27%) and females aged under 20 years (24%). Approximately one in four (24%; 450) 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 |
|---------------|-----------|-----------|-------------------|--------------------|--------------|
| 1,216 (66%) | 498 (27%) | 31 (2%) | 181 (10%) | 28 (2%) | 538 (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 66% of presentations. Self-cutting was the only other common method, involved in 29% of presentations. Alcohol was involved in 27% of presentations. There were 181 presentations involving attempted hanging while 31 presentations involved poisoning and 28 involved attempted drowning.

A breakdown of the number of CHO 7 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 | 691 | 787 | 1,478 |
| Number who repeated | 107 | 109 | 224 |
| % who repeated | 16% | 15% | 15% |

Table 4: Number and percentage of CHO 7 residents who had a repeat self-harm presentation in 2019

Of the 1,478 residents who presented with self-harm in 2019, 224 (15%) did so more than once. Based on persons, repetition was slightly higher for males than females (16% and 15% 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 | 995 | 422 | 24 | 144 | 23 | 415 |
| Number who repeated | 153 | 61 | <10 | 21 | <10 | 75 |
| % who repeated | 15% | 15% | <25% | 15% | <15% | 18% |

*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%, 15% and 18% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 7 is outlined in table 6.

| | Number | Percentage |
|--|--------|------------|
| Tallaght University Hospital | 596 | 32% |
| St. James's Hospital | 470 | 25% |
| Naas General Hospital | 385 | 21% |
| National Children's Hospital at Tallaght Hospital | 75 | 4% |
| Our Lady's Children's Hospital, Crumlin | 32 | 2% |
| Hospitals outside of CHO 7 | 297 | 16% |
| Total | 1,855 | 100% |

Table 6: Number and percentage of self-harm presentations by residents of CHO 7, by hospital

Residents of CHO 7 primarily presented to the acute hospitals within their own region (84%). A smaller percentage (16%) presented to hospitals outside of this region, primarily to Connolly Hospital Blanchardstown.

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

| | Number | Percentage |
|--|--------|------------|
| General admission | 478 | 26% |
| Psychiatric admission | 96 | 5% |
| Left without being seen/ against medical advice | 261 | 14% |
| Not admitted | 1,020 | 55% |
| Total | 1,855 | 100% |

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

Most commonly, 55% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 26% resulted in admission to a ward of the treating hospital and 5% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 14% 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.

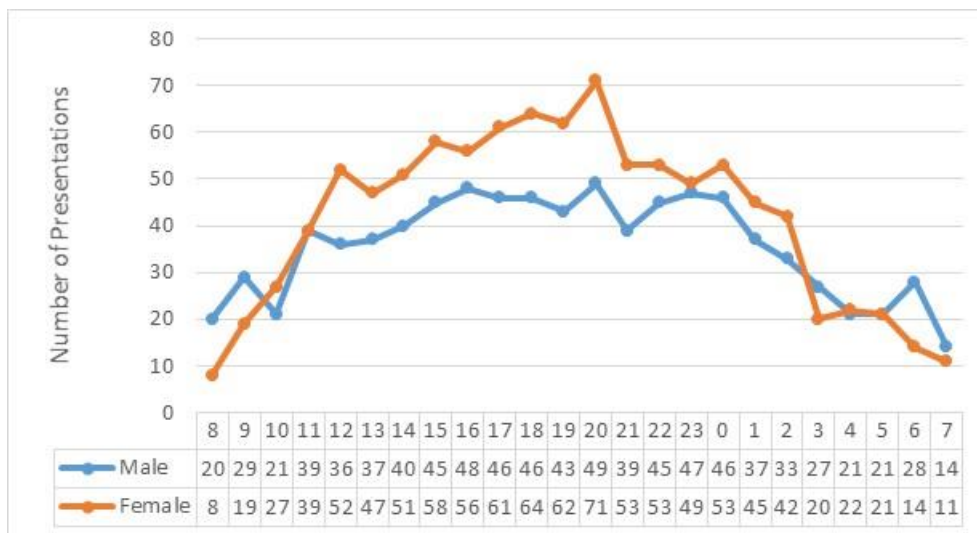


Figure 1: Self-harm presentations for males and females by time of attendance

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 7 a.m. onwards for males and 8 a.m. onwards for females. The peak time was 8 p.m. for both males and females.

Table 8 presents a breakdown of the number of presentations per calendar month in 2019.

| Month | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec | Total |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|
| Number | 148 | 142 | 157 | 148 | 182 | 150 | 148 | 147 | 164 | 157 | 151 | 161 | 1,855 |

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 155. In 2019, May saw more self-harm presentations than any other month (n=182) while February saw the fewest presentations for the year (n=142).

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

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