

Self-harm data, 2019

CHO Area 8

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 8, and LHOs within CHO 8, 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, 1,144 residents of CHO 8, 486 male and 658 female, presented to hospital with a total of 1,436 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 174 and 227 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 8	Male	486	174
	Female	658	227
Louth	Male	129	214
	Female	127	206
Meath	Male	130	153
	Female	185	197
Laois/ Offaly	Male	122	169
	Female	197	261
Longford/ Westmeath	Male	105	175
	Female	149	245

Table 1: Number of persons residing in CHO 8 and LHOs within CHO 8 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 1,436 self-harm presentations by residents of CHO 8. 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	117	108	144	97	102	39	607
Female	211	110	130	148	141	89	829

Table 2: Number of presentations by CHO 8 residents by age and gender

There were 607 male and 829 female presentations. Presentations were highest for males aged 25-34 years (24%) and females aged under 20 years (26%). Approximately one in four (23%; 328) 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
981 (68%)	551 (38%)	27 (2%)	88 (6%)	62 (4%)	365 (25%)

*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 68% of presentations. Self-cutting was the only other common method, involved in 25% of presentations. Alcohol was involved in 38% of presentations. There were 88 presentations involving attempted hanging while 62 involved attempted drowning and 27 presentations involved poisoning.

A breakdown of the number of CHO 8 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	486	658	1,144
Number who repeated	69	89	158
% who repeated	14%	14%	14%

Table 4: Number and percentage of CHO 8 residents who had a repeat self-harm presentation in 2019

Of the 1,144 residents who presented with self-harm in 2019, 158 (14%) did so more than once. Based on persons, repetition was the same for males and females (14%).

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	808	446	21	75	55	264
Number who repeated	109	60	<10	11	<10	45
% who repeated	14%	14%	<5%	15%	<15%	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, 14%, 14% and 17% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 8 is outlined in table 6.

	Number	Percentage
Our Lady of Lourdes Hospital, Drogheda	447	31%
Midland Regional Hospital, Mullingar	265	18%
Our Lady's Hospital, Navan	143	10%
Midland Regional Hospital, Portlaoise	207	14%
Midland Regional Hospital, Tullamore	159	11%
Hospitals outside of CHO 8	215	15%
Total	1,436	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 8, by hospital

Residents of CHO 8 primarily presented to the acute hospitals within their own region (85%). A smaller percentage (15%) presented to hospitals outside of this region, primarily to Connolly Hospital Blanchardstown and Portiuncula Hospital Ballinasloe.

Table 7 presents the recommended next care for CHO 8 residents following a self-harm presentation.

	Number	Percentage
General admission	463	32%
Psychiatric admission	46	3%
Left without being seen/ against medical advice	248	17%
Not admitted	679	47%
Total	1,436	100%

Table 7: Recommended next care for presentations by residents of CHO 8

Most commonly, 47% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 32% resulted in admission to a ward of the treating hospital and 3% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 17% 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.

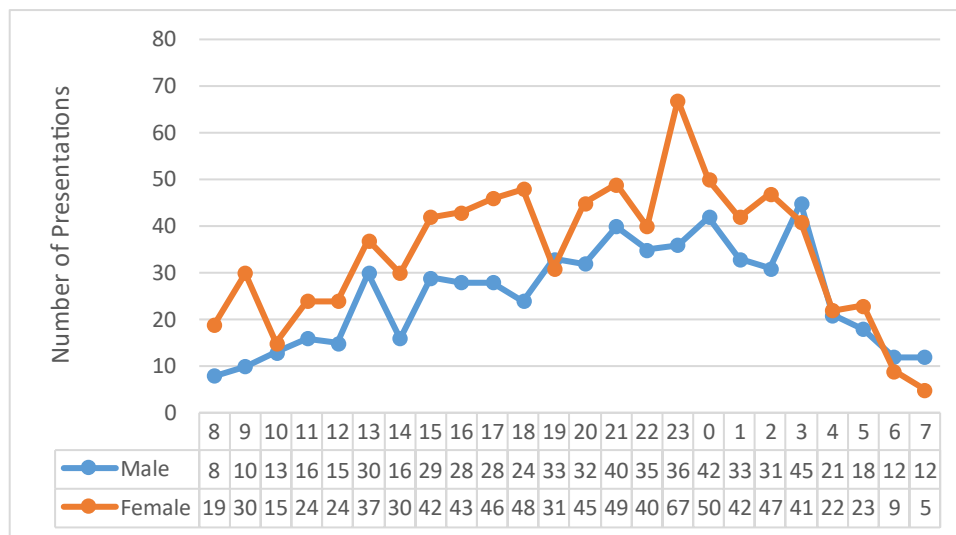


Figure 1: Self-harm presentations for males and females by time of attendance

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 8 a.m. onwards for males and 7 a.m. onwards for females. The peak time for males was 3 a.m. while it was 11 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	117	113	108	115	118	122	129	141	112	133	113	115	1,436

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 120. In 2019, August saw more self-harm presentations than any other month (n=141) while March saw the fewest presentations for the year (n=108).

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

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