

Self-harm data, 2019

CHO Area 9

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 9, and LHOs within CHO 9, 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, 1,301 residents of CHO 9, 531 male and 770 female, presented to hospital with a total of 1,613 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 172 and 255 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 9	Male	531	172
	Female	770	255
Dublin North	Male	200	165
	Female	330	266
Dublin North Central	Male	126	170
	Female	158	217
Dublin North West	Male	205	193
	Female	282	269

Table 1: Number of persons residing in CHO 9 and LHOs within CHO 9 who presented to hospital with self-harm and person-based age-standardised rates per 100,000

In 2019, there were a total of 1,613 self-harm presentations by residents of CHO 9. 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	109	113	179	119	99	52	671
Female	302	114	170	177	106	73	942

Table 2: Number of presentations by CHO 9 residents by age and gender

There were 671 male and 942 female presentations. Presentations were highest for males aged 25-34 years (27%) and females aged under 20 years (32%). Approximately one in four (26%; 411) 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
1,008 (63%)	526 (33%)	24 (2%)	132 (8%)	33 (2%)	543 (34%)

*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 63% of presentations. Self-cutting was the only other common method, involved in 34% of presentations. Alcohol was involved in 33% of presentations. There were 132 presentations involving attempted hanging while 33 involved attempted drowning and 24 presentations involved poisoning.

A breakdown of the number of CHO 9 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	531	770	1,301
Number who repeated	83	116	199
% who repeated	16%	15%	15%

Table 4: Number and percentage of CHO 9 residents who had a repeat self-harm presentation in 2019

Of the 1,301 residents who presented with self-harm in 2019, 199 (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	855	437	19	111	28	407
Number who repeated	111	65	<10	18	<10	91
% who repeated	13%	15%	<10%	16%	<15%	22%

*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%, 15% and 22% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 9 is outlined in table 6.

	Number	Percentage
Beaumont Hospital	559	35%
Mater Misericordiae University Hospital	452	28%
Connolly Hospital, Blanchardstown	314	19%
Children's University Hospital, Temple Street	181	11%
Hospitals outside of CHO 9	107	7%
Total	1,613	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 9, by hospital

Residents of CHO 9 primarily presented to acute hospitals within their own region (93%). A smaller percentage (7%) presented to hospitals outside of this region, primarily to St James's Hospital.

Table 7 presents the recommended next care for CHO 9 residents following a self-harm presentation.

	Number	Percentage
General admission	325	20%
Psychiatric admission	117	7%
Left without being seen/ against medical advice	260	16%
Not admitted	911	57%
Total	1613	100%

Table 7: Recommended next care for presentations by residents of CHO 9

Most commonly, 57% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 20% resulted in admission to a ward of the treating hospital and 7% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 16% 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.

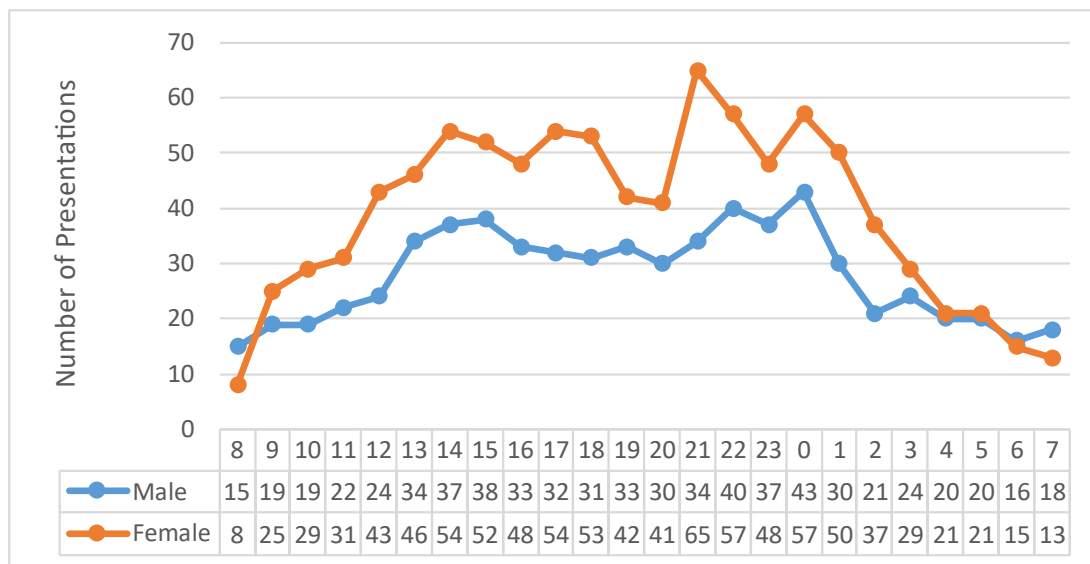


Figure 1: Self-harm presentations for males and females by time of attendance

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 both males and females. The peak time for males was midnight 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	151	129	134	136	158	145	105	113	146	131	132	133	1,613

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2019 was 134. In 2019, May saw more self-harm presentations than any other month (n=158) while August saw the fewest presentations for the year (n=113).

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

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This information is provided via the National Self-Harm Registry Ireland. For further information, please contact: Mary Joyce, Registry Manager, m.joyce@ucc.ie or Caroline Daly, Postdoctoral Researcher, carolinedaly@ucc.ie