

Self-Harm Data 2021

CHO Area 3

For the period from 1 January to 31 December 2021, the National Self-Harm Registry recorded 12,661 self-harm presentations to hospital that were made by 9,533 individuals nationally.

Person and Rates per 100,000

Table 1 presents the number and rate of CHO 3 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 753 residents of CHO 3, 321 men and 432 women, presented to hospital with a total of 1,034 self-harm presentations. Taking into account the population, the rates of persons presenting to hospital following an act of self-harm were 176 and 242 per 100,000 for men and women respectively. Nationally, the rates of self-harm for men and women were 160 and 232 per 100,000 respectively.

		Persons	Age-standardised rate per 100,000
CHO Area 3	Men	321	176
	Women	432	242
Clare	Men	68	125
	Women	114	204
Limerick	Men	153	202
	Women	211	294
Tipperary North/East Limerick	Men	100	190
	Women	107	207

Table 1: Number and rate of persons who were CHO 3 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 1,034 self-harm presentations by residents of CHO 3. Table 2 presents a breakdown of the total number of presentations by men and women by age group.

	0–19 yrs	20–24 yrs	25–34 yrs	35–44 yrs	45–54 yrs	55+ yrs	Total
Men	58	90	97	84	49	49	427
Women	165	126	106	105	67	38	607

Table 2: Number of presentations by CHO 3 residents by age and sex

There were 427 self-harm presentations by men and 607 by women. For men, presentations were highest for those aged 25–34 years (23%); for women, presentations were highest for those aged under

20 years (27%). Approximately one in five (22%; 223) self-harm presentations involved individuals younger than 20 years of age.

Methods

An overview of the reported methods of self-harm is presented in table 3.

Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
600 (58%)	423 (41%)	16 (2%)	107 (10%)	108 (10%)	336 (33%)
* 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 58% of presentations. Self-cutting was the only other common method, involved in 33% of presentations. Alcohol was involved in 41% of presentations. There were 107 presentations involving attempted hanging while 108 involved attempted drowning and 16 presentations involved poisoning.

Repetition

The number of CHO 3 residents who made a repeat self-harm presentation in 2021 is provided by men and women in table 4.

	Men	Women	Total
Number of individuals who presented	321	432	753
Number who repeated	52	61	113
% who repeated	16%	14%	15%

Table 4: Number and percentage of CHO 3 residents who had a repeat self-harm presentation in 2021

Of the 753 individuals who presented with self-harm in 2021, 113 (15%) did so more than once. Based on persons, repetition was higher among men (16%) than women (14%).

Table 5 presents information on the risk of repetition by method of self-harm.

	Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
Number of individuals who presented	461	325	15	78	79	210
Number who repeated	58	49	**	17	14	32
% who repeated	13%	15%	**	22%	18%	15%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm).
 ** Data not provided as the number of individuals who presented with this method was too small to allow for meaningful comparison.
 Note that 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.

Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2021 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 of drug overdose, alcohol and self-cutting, 13%, 15% and 15% repeated self-harm respectively.

Presenting Hospital

The hospitals to which CHO 1 residents presented with self-harm is outlined in table 6.

	Number	Percentage
University Hospital Limerick	897	87%
Ennis Hospital	53	5%
Hospitals outside of CHO 3	84	8%
Total	1,034	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 3, by hospital

Residents of CHO 3 primarily presented to the two hospitals within their own region (92%). A smaller percentage (8%) presented to hospitals outside of this region, primarily to Tipperary University Hospital.



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Next Care

Table 7 presents the recommended next care for CHO 3 residents following a self-harm presentation.

	Number	Percentage
General admission*	131	13%
Psychiatric admission	54	5%
Left without being seen/ against medical advice	18	2%
Not admitted	829	80%
Total	1,034	100%

* Presentations admitted to ICU have been included under General admission.

Table 7: Recommended next care for presentations by residents of CHO 3.

Most commonly, 80% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 13% resulted in admission to a ward of the treating hospital and 5% were admitted for psychiatric in-patient treatment from the Emergency Department. Finally, 2% of presentations left the Emergency Department before a next care recommendation could be made.

Time of Day and Month of Presentation

The number of presentations by men and women by time of attendance is presented in figure 1.

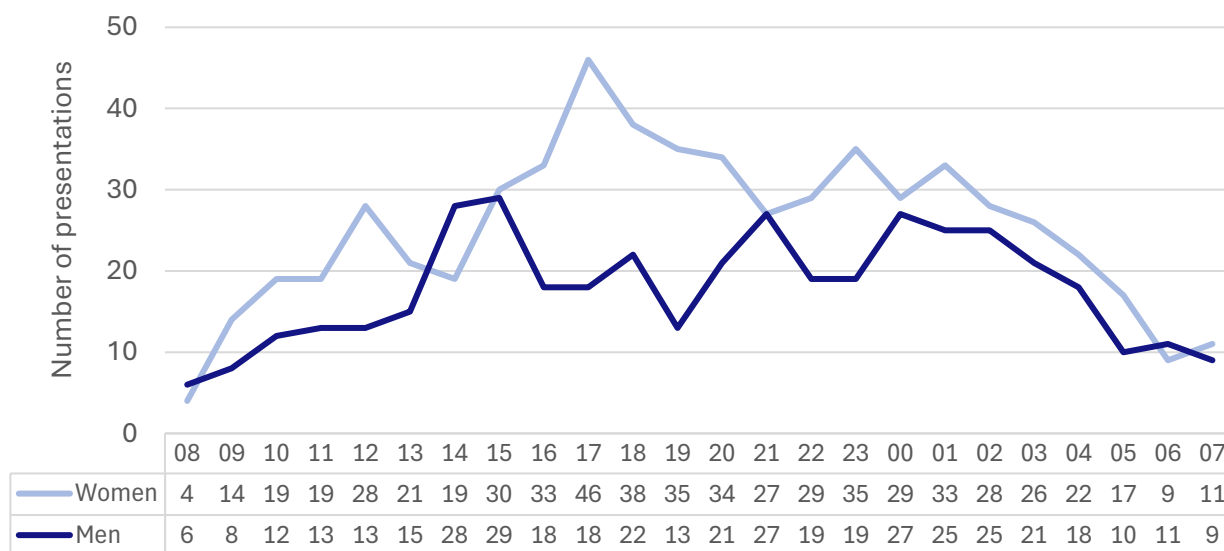


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women 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 8 a.m. onwards for both men and women. The peak time for men was 3 p.m. while it was 5 p.m. for women.





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A breakdown of the number of presentations per calendar month in 2021 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	68	77	90	96	83	86	88	96	94	91	94	71	1,034

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 86. In 2021, April and August saw the joint highest self-harm presentations (n=96) while January saw the fewest presentations (n=68).

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This data is provided via the National Self-Harm Registry, Ireland. For further information, please contact:
Mary Joyce, Registry Manager, m.joyce@ucc.ie or Shelly Chakraborty, Data Analyst, shelly.chakraborty@ucc.ie