

Self-Harm Data 2021

CHO Area 5

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.

Persons and Rates per 100,000

Table 1 presents the number and rate of CHO 5 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 1,076 residents of CHO 5, 435 male and 641 women, presented to hospital with a total of 1,356 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm were 190 and 274 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 5	Men	435	190
	Women	641	274
Carlow/ Kilkenny	Men	117	186
	Women	153	244
Tipperary South	Men	82	200
	Women	119	280
Waterford	Men	107	179
	Women	135	225
Wexford	Men	129	197
	Women	234	343

Table 1: Number and rate of persons who were CHO 5 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 1,356 self-harm presentations by residents of CHO 5. 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	93	81	140	104	44	52	514
Women	295	114	169	83	117	64	842

Table 2: Number of presentations by CHO 5 residents by age and sex

There were 514 self-harm presentations men and 842 by women. For men, presentations were highest for those aged 25–34 years (27%); for women, presentations were highest for those aged under 20 years (35%). Approximately three in ten (29%; 388) 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
825 (61%)	322 (24%)	30 (2%)	111 (8%)	74 (6%)	346 (26%)

* 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 61% of presentations. Self-cutting was the only other common method, involved in 26% of presentations. Alcohol was involved in 24% of presentations. There were 111 presentations involving attempted hanging while 74 involved attempted drowning and 30 presentations involved poisoning.

Repetition

The number of CHO 5 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	435	641	1,076
Number who repeated	61	110	171
% who repeated	14%	17%	16%

Table 4: Number and percentage of CHO 5 residents who had a repeat self-harm presentation in 2021

Of the 1,076 individuals who presented with self-harm in 2021, 171 (16%) did so more than once. Based on persons, repetition was higher among women (17%) than men (14%).

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

	Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
Number of individuals who presented	673	270	25	100	59	254
Number who repeated	99	43	3	12	12	57
% who repeated	16%	16%	12%	11%	20%	22%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm).
 ** Data not presented 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, 16%, 16% and 22% repeated self-harm respectively.

Presenting Hospital

The hospitals to which CHO 5 residents presented with self-harm is outlined in table 6.

	Number	Percentage
St. Luke's General Hospital, Carlow/Kilkenny	318	23%
Tipperary University Hospital	247	18%
University Hospital Waterford	399	29%
Wexford General Hospital	335	25%
Hospitals outside of CHO 5	57	4%
Total	1,356	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 5, by hospital

Residents of CHO 5 primarily presented to hospitals within their own region (96%). A smaller percentage (4%) presented to hospitals outside of CHO 5.



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Next Care

Table 7 presents the recommended next care for CHO 5 residents following a self-harm presentation.

	Number	Percentage
General admission*	475	35%
Psychiatric admission	109	8%
Left without being seen/ against medical advice	15	1%
Not admitted	757	56%
Total	1,356	100%
* Presentations admitted to ICU have been included under General admission.		

Table 7: Recommended next care for presentations by residents of CHO 5.

Most commonly, 56% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 35% resulted in admission to a ward of the treating hospital and 8% were admitted for psychiatric in-patient treatment from the Emergency Department. Finally, 1% 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.

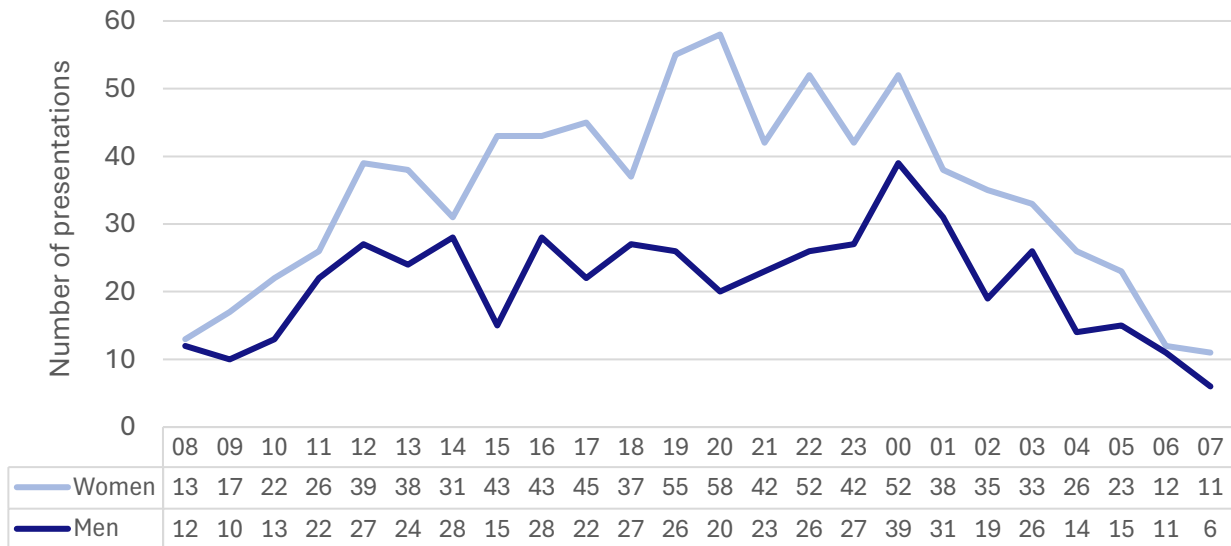


Figure 1: Self-harm presentations for men and women by time of attendance

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





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increase in presentations from 7 a.m. onwards for men and women. The peak time for men was midnight while it was 8 p.m. for women.

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	90	118	138	127	95	112	114	122	116	107	118	99	1,356

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 113. In 2021, March saw the highest number of self-harm presentations (n=138) while January saw the fewest presentations (n=90).

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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