

Self-Harm Data 2021

CHO Area 8

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 8 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 1,081 residents of CHO 8, 403 men and 678 women, presented to hospital with a total of 1,366 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm were 143 and 235 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 8	Men	403	143
	Women	678	235
Louth	Men	96	160
	Women	156	252
Meath	Men	100	115
	Women	218	243
Laois/Offaly	Men	113	152
	Women	169	222
Longford/Westmeath	Men	94	153
	Women	135	225

Table 1: Number and rate of persons who were CHO 8 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 1,366 self-harm presentations by residents of CHO 8. 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	69	80	127	83	62	41	462
Women	315	107	162	120	125	75	904

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

There were 462 self-harm presentations by men and 904 by women. For men, presentations were highest among those aged 25–34 years (28%); for women, presentations were highest for those aged under 20 years (35%). Approximately three in ten (28%; 384) 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
893 (65%)	433 (32%)	44 (3%)	96 (7%)	28 (2%)	403 (30%)

* 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 65% of presentations. Self-cutting was the only other common method, involved in 30% of presentations. Alcohol was involved in 32% of presentations. There were 96 presentations involving attempted hanging while 44 involved poisoning and 28 presentations involved attempted drowning.

Repetition

The number of CHO 8 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	403	678	1,081
Number who repeated	51	113	164
% who repeated	13%	17%	15%

Table 4: Number and percentage of CHO 8 residents who had a repeat self-harm presentation in 2021

Of the 1,081 individuals who presented with self-harm in 2021, 164 (15%) did so more than once. Based on persons, repetition was higher for women (17%) than men (13%).

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	737	347	28	78	24	292
Number who repeated	109	50	4	15	5	51
% who repeated	15%	14%	14%	19%	21%	18%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm).
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 including drug overdose, alcohol and self-cutting, 15%, 14% and 18% repeated self-harm respectively.

Presenting Hospital

The hospitals to which CHO 8 residents presented with self-harm is outlined in table 6.

	Number	Percentage
Our Lady of Lourdes Hospital, Drogheda	443	32%
Midland Regional Hospital, Mullingar	270	20%
Our Lady's Hospital, Navan	115	9%
Midland Regional Hospital, Portlaoise	169	12%
Midland Regional Hospital, Tullamore	170	12%
Hospitals outside of CHO 8	199	15%
Total	1,366	100%

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

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



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Next Care

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

	Number	Percentage
General admission*	414	30%
Psychiatric admission	40	3%
Left without being seen/ against medical advice	7	1%
Not admitted	902	66%
Next care not documented	3	0.2%
Total	1,366	100%

* Presentations admitted to ICU have been included as a General Admission.

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

Most commonly, 66% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 30% resulted in admission to a ward of the treating hospital and 3% 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.

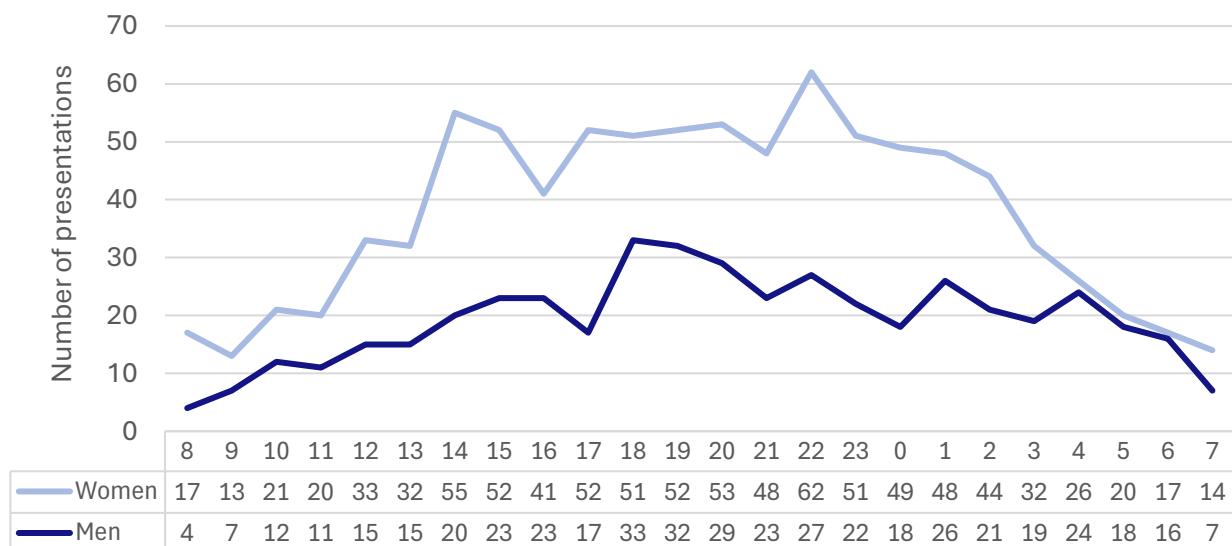


Figure 1: Self-harm presentations for men and women by time of attendance

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 increase in presentations from 8 a.m. onwards for men and 9 a.m. onwards for women. The peak time for men was 6 p.m. while it was 10 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	98	106	94	119	114	99	146	108	117	124	133	108	1,366

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 114. In 2021, July saw more self-harm presentations than any other month (n=146) while March saw the fewest presentations for the year (n=94).

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