



Self-harm data, 2019

CHO Area 2

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 2, and LHOs within CHO 2, 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, 803 residents of CHO 2, 348 male and 455 female, presented to hospital with a total of 984 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 168 and 217 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 2	Male	348	168
	Female	455	217
Galway	Male	204	168
	Female	281	227
Mayo	Male	105	185
	Female	127	226
Roscommon	Male	39	133
	Female	47	166

Table 1: Number of persons residing in CHO 2 and LHOs within CHO 2 who presented to hospital with self-harm and person-based age-standardised rates (EASR) per 100,000

In 2019, there were a total of 984 self-harm presentations by residents of CHO 2. 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	70	65	116	68	57	37	413
Female	187	102	87	79	65	51	571

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

There were 413 male and 571 female presentations. Presentations were highest for males aged 25-34 years (28%) and females aged under 20 years (33%). Approximately one in four (26%; 257) 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
571 (58%)	336 (34%)	28 (3%)	76 (8%)	56 (6%)	269 (27%)

*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 27% of presentations. Alcohol was involved in 34% of presentations. There were 76 presentations involving attempted hanging while 56 involved attempted drowning and 28 presentations involved poisoning.

A breakdown of the number of CHO 2 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	348	455	803
Number who repeated	38	65	103
% who repeated	11%	14%	13%

Table 4: Number and percentage of CHO 2 residents who had a repeat self-harm presentation in 2019

Of the 803 residents who presented with self-harm in 2019, 103 (13%) did so more than once. Based on persons, repetition was higher among females than males (14% and 11% 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	486	287	18	61	49	209
Number who repeated	62	41	<10	<10	<10	39
% who repeated	13%	14%	< 15%	<15%	<15%	19%

*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%, 14% and 19% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 2 is outlined in table 6.

	Number	Percentage
University Hospital Galway	524	53%
Mayo University Hospital	258	26%
Portiuncula University Hospital	134	14%
Hospitals outside of CHO 2	68	7%
Total	984	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 2, by hospital.

Residents of CHO 2 primarily presented to the three acute hospitals within their own region (93%). A smaller percentage (7%) presented to hospitals outside of this region, primarily to Sligo General Hospital.

Table 7 presents the recommended next care for CHO 2 residents following a self-harm presentation.

	Number	Percentage
General admission	210	21%
Psychiatric admission	95	10%
Left without being seen/ against medical advice	147	15%
Not admitted	532	54%
Total	984	100%

Table 7: Recommended next care for presentations by residents of CHO 2

Most commonly, 54% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 21% resulted in admission to a ward of the treating hospital and 10% were admitted for psychiatric inpatient treatment from the emergency department. Finally, 15% 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.

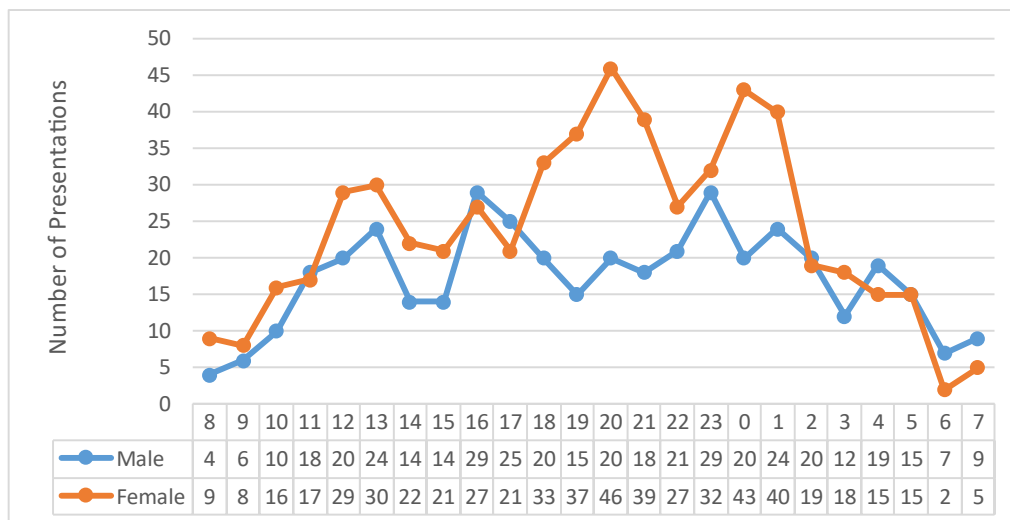


Figure 1: Self-harm presentations for males and females by time of attendance

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 6 a.m. onwards for females. The peak times for males was 4 p.m. and 11 p.m. while it was 8 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	87	78	89	71	88	73	91	81	79	85	76	86	984

Table 8: Self-harm presentations by month of attendance.

The monthly average number of self-harm presentations to hospitals in 2019 was 82. In 2019, July saw more self-harm presentations than any other month (n=91) while April saw the fewest presentations for the year (n=71).

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

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