

## Self-harm data, 2020

### CHO Area 1

For the period from 1 January to 31 December 2020, the Registry recorded 12,553 self-harm presentations to hospital that were made by 9,550 individuals nationally. Table 1 presents an overview of the number of persons residing in CHO 1, and LHOs within CHO 1, who presented to hospital as a result of self-harm in 2020. The corresponding age-standardized rate per 100,000 population is also included.

In 2020 544 residents of CHO 1, 240 male and 304 female, presented to hospital with a total of 648 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 136 and 169 per 100,000 for males and females respectively. Nationally, the rate of self-harm for males and females was 176 and 224 per 100,000 respectively.

		Persons	Age-standardized rate per 100,000
CHO Area 1	Male	240	136
	Female	304	169
Donegal	Male	67	96
	Female	97	136
Sligo/Leitrim/West Cavan	Male	78	179
	Female	90	197
Cavan/Monaghan	Male	95	150
	Female	117	188

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

In 2020, there were a total of 648 self-harm presentations by residents of CHO 1. 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
<b>Male</b>	43	35	75	55	41	29	278
<b>Female</b>	123	54	43	53	66	31	370

Table 2: Number of presentations by CHO 1 residents by age and gender

There were 278 male and 370 female presentations. Presentations were highest for males aged 25-34 years (27%) and females aged under 20 years (33%). Approximately one in four (26%; 166) 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
373 (58%)	231 (36%)	16 (3%)	61 (9%)	19 (3%)	204 (32%)

\*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 32% of presentations. Alcohol was involved in 36% of presentations. There were 61 presentations involving attempted hanging while 19 involved attempted drowning and 16 presentations involved poisoning.

A breakdown of the number of CHO 1 residents who made a repeat self-harm presentation in 2020 is provided by males and females in table 4.

	Male	Female	Total
<b>Number of individuals who presented</b>	240	304	544
<b>Number who repeated</b>	23	35	56
<b>% who repeated</b>	10%	12%	11%

Table 4: Number and percentage of CHO 1 residents who had a repeat self-harm presentation in 2020

Of the 544 residents who presented with self-harm in 2020, 56 (11%) did so more than once. Based on persons, repetition was higher among females (12%) than males (10%).

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
<b>Number of individuals who presented</b>	325	210	13	55	18	157
<b>Number who repeated</b>	31	20	<5	<10	<5	24
<b>% who repeated</b>	10%	10%	<10%	<20%	<15%	15%

\*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 2020 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, 10%, 10% and 15% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 1 is outlined in table 6.

	Number	Percentage
<b>Letterkenny University Hospital</b>	153	23%
<b>Cavan General Hospital</b>	209	32%
<b>Sligo University Hospital</b>	229	35%
<b>Hospitals outside of CHO 1</b>	57	9%
<b>Total</b>	648	100%

*Table 6: Number and percentage of self-harm presentations by residents of CHO 1, by hospital*

Residents of CHO 1 primarily presented to the three acute hospitals within their own region (91%). A smaller percentage (9%) presented to hospitals outside of this region, primarily to Our Lady of Lourdes Hospital Drogheda.

Table 7 presents the recommended next care for CHO 1 residents following a self-harm presentation.

	Number	Percentage
<b>General admission</b>	172	26%
<b>Psychiatric admission</b>	65	10%
<b>Left without being seen/ against medical advice</b>	<10	<5%
<b>Not admitted</b>	395	61%
<b>Total</b>	648	100%

\*0.2% of presentations admitted to ICU have been included to general admissions. For 1% of presentations the admission pathway was not documented.

Table 7: Recommended next care for presentations by residents of CHO 1.

Most commonly, 61% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 26% resulted in admission to a ward of the treating hospital and 10% were admitted for psychiatric inpatient treatment from the emergency department. Finally, <5% 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.

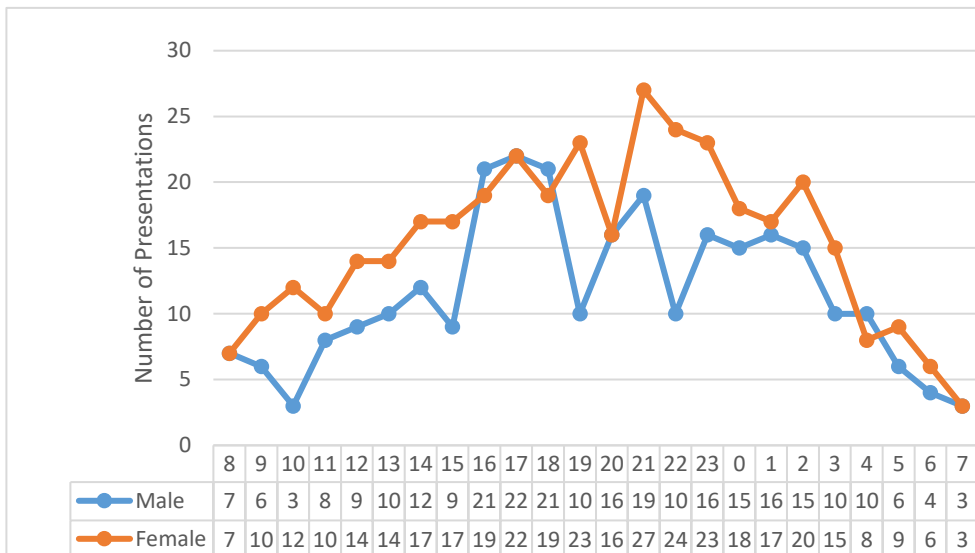


Figure 1: Self-harm presentations for males and females by time of attendance

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 10 a.m. onwards for males and 7 a.m. onwards for females. The peak time for males was 5 p.m. while it was 9 p.m. for females.

A breakdown of the number of presentations per calendar month in 2020 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	63	64	62	27	54	47	54	59	67	53	55	43	648

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

The monthly average number of self-harm presentations to hospitals in 2020 was 54. In 2020, September saw more self-harm presentations than any other month (n=67) while April saw the fewest presentations for the year (n=27) which is consistent with the first lockdown of COVID-19.

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

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