

Self-harm data, 2020

CHO Area 3

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 3, and LHOs within CHO 3, 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, 737 residents of CHO 3, 300 male and 437 female, presented to hospital with a total of 958 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 167 and 242 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 3	Male	300	167
	Female	437	242
Clare	Male	76	141
	Female	121	221
Limerick	Male	146	198
	Female	211	286
Tipperary North/ East Limerick	Male	78	149
	Female	105	200

Table 1: Number of persons residing in CHO 3 and LHOs within CHO 3 who presented to hospital with self-harm and person-based age-standardized rates per 100,000

In 2020, there were a total of 958 self-harm presentations by residents of CHO 3. 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	63	44	111	74	50	36	378
Female	153	106	109	97	67	48	580

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

There were 378 male and 580 female presentations. Presentations were highest for males aged 25-34 years (29%) and females aged under 20 years (26%). Approximately one in four (23%; 216) self-harm presentations involved individuals younger than 20 years of age. Also, approximately one in four (23%; 220) self-harm presentations involved individuals 25-34 years old.

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

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
605 (63%)	395 (41%)	19 (2%)	93 (10%)	89 (9%)	325 (34%)

*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 63% of presentations. Self-cutting was the only other common method, involved in 34% of presentations. Alcohol was involved in 41% of presentations. There were 93 presentations involving attempted hanging while 89 involved attempted drowning and 19 presentations involved poisoning.

A breakdown of the number of CHO 3 residents who made a repeat self-harm presentation in 2020 is provided by males and females in table 4.

	Male	Female	Total
Number of individuals who presented	300	437	737
Number who repeated	50	72	122
% who repeated	17%	17%	17%

Table 4: Number and percentage of CHO 3 residents who had a repeat self-harm presentation in 2019

Of the 737 residents who presented with self-harm in 2020, 122 (17%) did so more than once. Based on persons, repetition was similar for females and males (17%).

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	493	305	14	72	75	226
Number who repeated	78	57	<5	10	<10	57
% who repeated	16%	19%	<15%	<15%	<10%	25%

*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, 16%, 19% and 25% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 3 is outlined in table 6.

	Number	Percentage
University Hospital Limerick	843	88%
Ennis Hospital	33	3%
Hospitals outside of CHO 3	82	9%
Total	958	100%

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



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Residents of CHO 3 primarily presented to University Hospital Limerick which is the largest hospital in this region. A smaller percentage (3%) presented to Mid-Western Regional Hospital Ennis. Outside of CHO 3, residents of this area primarily presented to South Tipperary General Hospital and the Midland Regional Hospital Portlaoise.

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

	Number	Percentage
General admission	148	15%
Psychiatric admission	64	7%
ICU admission	12	1%
Left without being seen/ against medical advice	30	3%
Not admitted	702	73%
Total	958	100%

*For 0.2% of presentations the admission pathway was not documented.

Table 7: Recommended next care for presentations of hospital-treated self-harm in CHO 3.

Most commonly, 73% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 15% resulted in admission to a ward of the treating hospital, 7% were admitted for psychiatric inpatient treatment from the emergency department, and 1% of presentations resulted in admission to ICU. Finally, 12% 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.



This information 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



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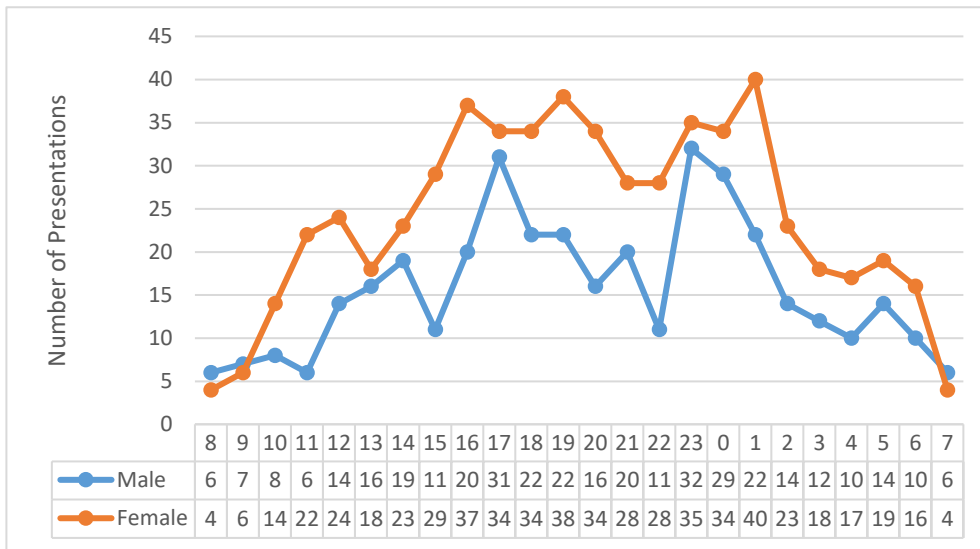


Figure 1: Self-harm presentations for males and females by time of attendance

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 increase in presentations from 8 a.m. onwards for males and females. The peak time for males was 11 p.m. while it was 1 a.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	79	92	68	77	84	69	86	83	90	81	74	75	958

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2020 was 80. In 2020, February saw more self-harm presentations than any other month (n=92) while March saw the fewest presentations for the year (n=68) consistent with the first lockdown of COVID-19.

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

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