

## Self-harm data, 2020

### CHO Area 4

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 4, and LHOs within CHO 4, 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, 1,268 residents of CHO 4, 599 male and 669 female, presented to hospital with a total of 1,631 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 187 and 206 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 4	Male	599	187
	Female	669	206
Kerry	Male	133	211
	Female	133	204
Cork-North Lee	Male	226	246
	Female	232	252
Cork-South Lee	Male	151	153
	Female	197	193
North Cork	Male	64	156
	Female	74	181
West Cork	Male	25	93
	Female	33	149

*Table 1: Number of persons residing in CHO 4 and LHOs within CHO 4 who presented to hospital with self-harm and person-based age-standardized rates per 100,000*

In 2020, there were a total of 1,631 self-harm presentations by residents of CHO 4. 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>	109	120	224	157	82	73	765
<b>Female</b>	254	154	155	136	93	74	866

Table 2: Number of presentations by CHO 4 residents by age and gender

There were 765 male and 866 female presentations. Presentations were highest for males aged 25-34 years (29%) and females aged under 20 years (29%). Approximately one in four (23%; 379) self-harm presentations involved individuals aged 25-34 years.

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

Drug overdose	Alcohol*	Poisoning	Attempted Hanging	Attempted drowning	Self-cutting
986 (60%)	454 (28%)	40 (3%)	123 (8%)	55 (3%)	412 (25%)

\*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 60% of presentations. Self-cutting was the only other common method, involved in 25% of presentations. Alcohol was involved in 28% of presentations. There were 123 presentations involving attempted hanging while 55 involved attempted drowning and 40 presentations involved poisoning.

A breakdown of the number of CHO 4 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>	599	669	1,268
<b>Number who repeated</b>	96	104	200
<b>% who repeated</b>	16%	16%	16%

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

Of the 1,268 residents who presented with self-harm in 2020, 200 (16%) did so more than once. Based on persons, repetition was the same for males than females (16% and 16% 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
<b>Number of individuals who presented</b>	789	465	30	98	41	312
<b>Number who repeated</b>	117	59	<5	13	<10	64
<b>% who repeated</b>	15%	16%	<15%	13%	<15%	21%

\*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, 15%, 16% and 21% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 4 is outlined in table 6.

	Number	Percentage
<b>Cork University Hospital</b>	599	37%
<b>Mercy University Hospital, Cork</b>	649	40%
<b>University Hospital Kerry</b>	321	20%
<b>Bantry General Hospital</b>	39	2%
<b>Hospitals outside of CHO 4</b>	23	1%
<b>Total</b>	1,631	100%

*Table 6: Number and percentage of self-harm presentations by residents of CHO 4, by hospital*

Residents of CHO 4 primarily presented to hospitals within their own region (99%). A small percentage (1%) presented to hospitals outside of this region, primarily to University Hospital Limerick.

Table 7 presents the recommended next care for CHO 4 residents following a self-harm presentation.

	Number	Percentage
<b>General admission</b>	424	27%
<b>Psychiatric admission</b>	129	8%
<b>Left without being seen/ against medical advice</b>	<10	<5%
<b>Not admitted</b>	1040	64%
<b>Total</b>	1,606	100%

\*1% of presentations admitted to ICU have been included to general admissions. For 2% of presentations the admission pathway was not documented.

Table 7: Recommended next care for presentations by residents of CHO 4.

Most commonly, 64% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 27% resulted in admission to a ward of the treating hospital and 8% 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.

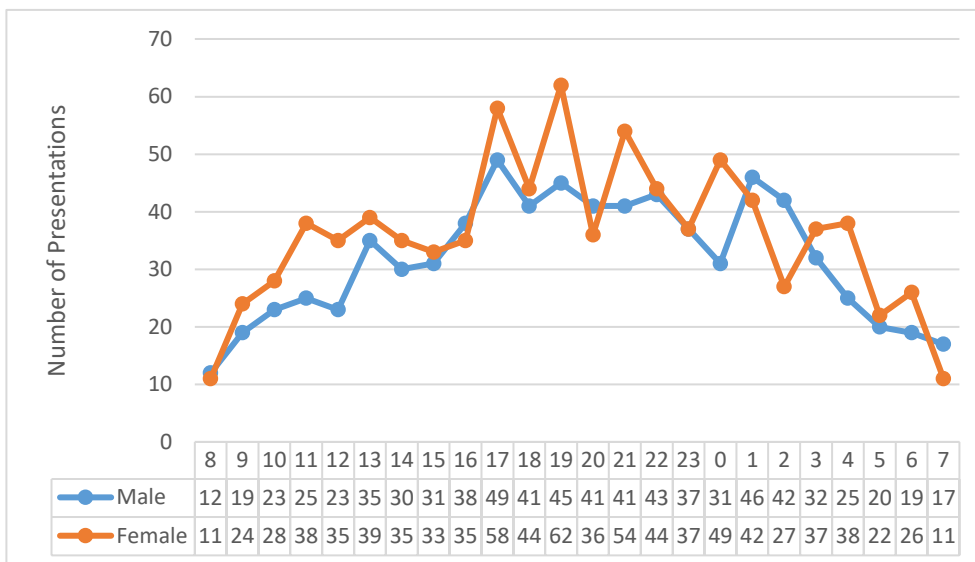


Figure 1: Self-harm presentations for males and females by time of attendance

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 8 a.m. onwards for both males and females. The peak time for males was 5 p.m. while it was 7 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	133	141	106	109	126	142	154	165	149	136	152	118	1631

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

The monthly average number of self-harm presentations to hospitals in 2020 was 136. In 2020, August saw more self-harm presentations than any other month (n=165) while March saw the fewest presentations for the year (n=106) 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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