

## Self-harm data, 2020

### CHO Area 5

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 5, and LHOs within CHO 5, 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, 1073 residents of CHO 5, 461 males and 612 females, presented to hospital with a total of 1,378 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 203 and 262 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 5	Male	461	203
	Female	612	262
Carlow/ Kilkenny	Male	139	228
	Female	151	242
Tipperary South	Male	87	199
	Female	134	316
Waterford	Male	104	177
	Female	133	223
Wexford	Male	131	204
	Female	194	282

*Table 1: Number of persons residing in CHO 5 and LHOs within CHO 5 who presented to hospital with self-harm and person-based age-standardized rates per 100,000*

In 2020, there were a total of 1,378 self-harm presentations by residents of CHO 5. 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>	93	102	177	102	65	43	582
<b>Female</b>	257	118	152	75	115	79	796

Table 2: Number of presentations by CHO 5 residents by age and gender

There were 582 male and 796 female presentations. Presentations were highest for males aged 25-34 years (30%) and females aged under 20 years (32%). Approximately one in four (24%; 329) 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
899 (65%)	442 (32%)	24 (2%)	97 (7%)	53 (4%)	361 (26%)

\*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 26% of presentations. Alcohol was involved in 32% of presentations. There were 97 presentations involving attempted hanging while 53 involved attempted drowning and 24 presentations involved poisoning.

A breakdown of the number of CHO 5 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>	461	612	1073
<b>Number who repeated</b>	63	106	169
<b>% who repeated</b>	14%	17%	16%

Table 4: Number and percentage of CHO 5 residents who had a repeat self-harm presentation in 2020

Of the 1,073 residents who presented with self-harm in 2020, 169 (16%) did so more than once. Based on persons, repetition was higher for females than males (17% and 14% 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>	718	342	20	88	42	258
<b>Number who repeated</b>	98	55	<10	11	11	56
<b>% who repeated</b>	14%	16%	<10%	13%	26%	22%

\*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 alcohol, attempted drowning and self-cutting, 16%, 26% and 22% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 5 is outlined in table 6.

	Number	Percentage
<b>University Hospital Waterford</b>	379	27%
<b>St. Luke's Hospital, Kilkenny</b>	369	27%
<b>Wexford General Hospital</b>	304	22%
<b>South Tipperary General Hospital</b>	272	20%
<b>Hospitals outside of CHO 5</b>	54	4%
<b>Total</b>	1,378	100%

*Table 6: Number and percentage of self-harm presentations by residents of CHO 5, by hospital*

Residents of CHO 5 primarily presented to the four acute hospitals within their own region (96%). A smaller percentage (4%) presented to hospitals outside of this region some of which were to University Hospital Limerick.

Table 7 presents the recommended next care for CHO 5 residents following a self-harm presentation.

	Number	Percentage
<b>General admission</b>	447	32%
<b>Psychiatric admission</b>	82	6%
<b>Admission ICU</b>	46	3%
<b>Left without being seen/ refused to be admitted</b>	14	1%
<b>Not admitted</b>	788	57%
<b>Total</b>	1,378	100%

\*For 0.1% of presentations the admission pathway was not documented.

Table 7: Recommended next care for presentations by residents of CHO 5.

Most commonly, 57% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 32% resulted in admission to a ward of the treating hospital, 6% were admitted for psychiatric inpatient treatment from the emergency department, and 3% of presentations resulted in admission to ICU. Finally, 1% 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.

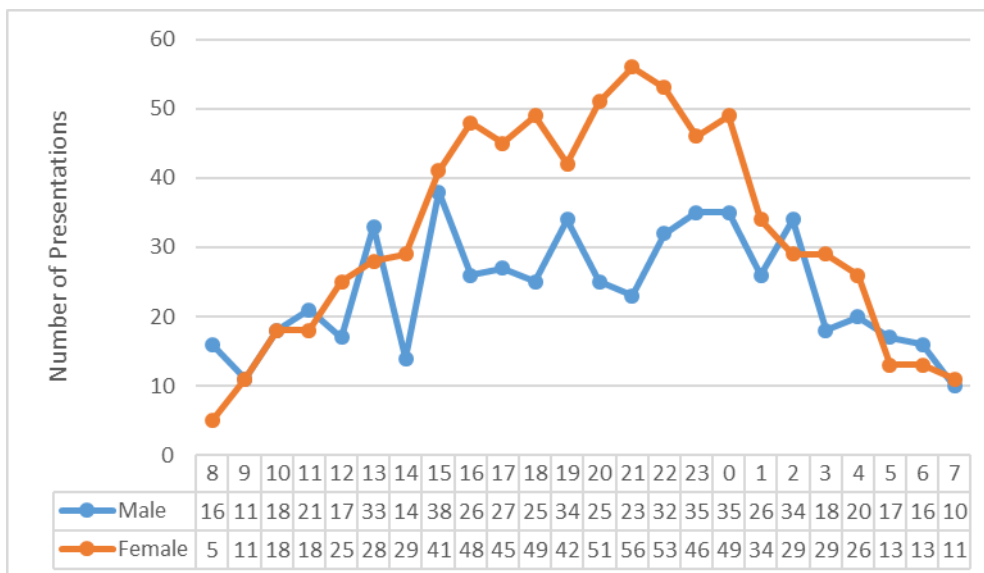


Figure 1: Self-harm presentations for males and females by time of attendance



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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 9a.m. onwards for males and 8a.m. onwards for females. The peak time for males was 3 p.m. while it was 4 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	136	126	94	90	113	115	100	120	113	125	134	112	1,378

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

The monthly average number of self-harm presentations to hospitals in 2020 was 114. In 2020, January saw more self-harm presentations than any other month (n=136) while April saw the fewest presentations for the year (n=90) 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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This information is provided via the National Self-Harm Registry Ireland. For further information, please contact: Mary Joyce, Registry Manager, [m.joyce@ucc.ie](mailto:m.joyce@ucc.ie) or Shelly Chakraborty, Data Analyst, [shelly.chakraborty@ucc.ie](mailto:shelly.chakraborty@ucc.ie)