

Self-harm data, 2020

CHO Area 8

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 8, and LHOs within CHO 8, 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, 1,125 residents of CHO 8, 461 male and 664 female, presented to hospital with a total of 1,405 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 114 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 8	Male	461	114
	Female	661	169
Louth	Male	105	174
	Female	137	222
Meath	Male	130	148
	Female	220	240
Laois/ Offaly	Male	127	170
	Female	174	228
Longford/ Westmeath	Male	99	165
	Female	133	220

Table 1: Number of persons residing in CHO 8 and LHOs within CHO 8 who presented to hospital with self-harm and person-based age-standardized rates per 100,000

In 2020, there were a total of 1,405 self-harm presentations by residents of CHO 8. 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	93	102	127	113	70	43	548
Female	247	105	131	178	127	69	857

Table 2: Number of presentations by CHO 8 residents by age and gender

There were 548 male and 857 female presentations. Presentations were highest for males aged 25-34 years (23%) and females aged under 20 years (29%). Approximately one in four (24%; 340) 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
940 (67%)	501 (36%)	35 (3%)	106 (8%)	33 (2%)	408 (29%)

*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 67% of presentations. Self-cutting was the only other common method, involved in 29% of presentations. Alcohol was involved in 36% of presentations. There were 106 presentations involving attempted hanging while 33 involved attempted drowning and 35 presentations involved poisoning.

A breakdown of the number of CHO 8 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	461	664	1,125
Number who repeated	59	93	152
% who repeated	13%	14%	14%

Table 4: Number and percentage of CHO 8 residents who had a repeat self-harm presentation in 2020

Of the 1,125 residents who presented with self-harm in 2020, 152 (14%) did so more than once. Based on persons, repetition was slightly less for males (13%) than females (14%).

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	804	416	23	90	27	296
Number who repeated	99	58	<10	<10	<10	66
% who repeated	12%	14%	<10%	<10%	<10%	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 drug overdose, alcohol and self-cutting, 12%, 14% and 22% repeated self-harm respectively.

A breakdown of the number of presentations to various hospitals by residents of CHO 8 is outlined in table 6.

	Number	Percentage
Our Lady of Lourdes Hospital, Drogheda	447	32%
Midland Regional Hospital, Mullingar	250	18%
Our Lady's Hospital, Navan	168	12%
Midland Regional Hospital, Portlaoise	201	14%
Midland Regional Hospital, Tullamore	148	10%
Hospitals outside of CHO 8	191	13%
Total	1,405	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 8, by hospital

Residents of CHO 8 primarily presented to the acute hospitals within their own region (87%). A smaller percentage (13%) presented to hospitals outside of this region, primarily to Connolly Hospital Blanchardstown and Portiuncula University Hospital.

Table 7 presents the recommended next care for CHO 8 residents following a self-harm presentation.

	Number	Percentage
General admission	492	35%
Psychiatric admission	40	3%
ICU admission	12	1%
Left without being seen/ refused to be admitted	2	<1%
Not admitted	854	61%
Total	1,405	100%

*For 0.4% of presentations the admission pathway was not documented.

Table 7: Recommended next care for presentations by residents of CHO 8.

Most commonly, 61% of presentations were discharged following treatment in the emergency department. Of all self-harm presentations, 35% resulted in admission to a ward of the treating hospital, 3% were admitted for psychiatric inpatient treatment from the emergency department, and 1% 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.

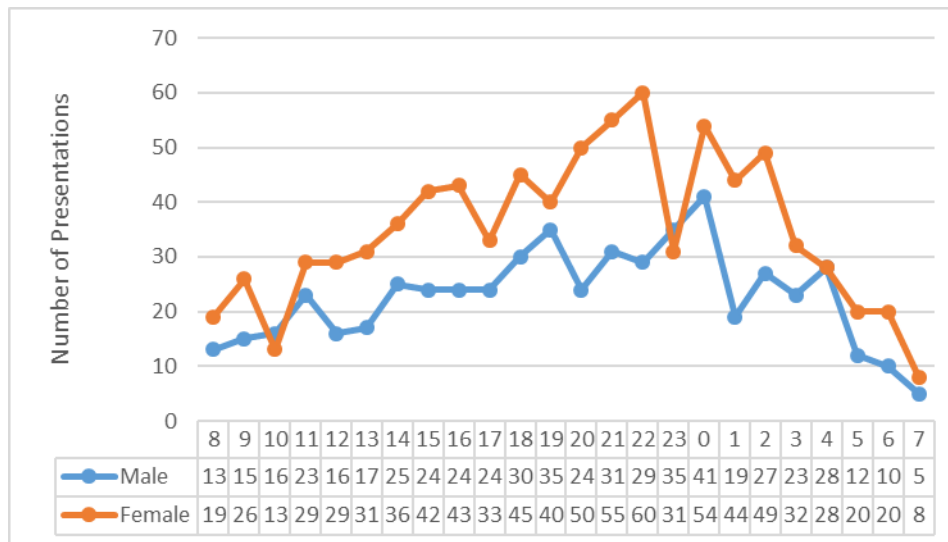


Figure 1: Self-harm presentations for males and females by time of attendance



National Self-Harm Registry Ireland

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 10 a.m. onwards for females. The peak time for males was midnight while it was 10 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	123	122	107	87	102	136	132	119	129	121	121	106	1,405

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2020 was 117. In 2020, June saw more self-harm presentations than any other month (n=136) while April saw the fewest presentations for the year (n=87) which is quite consistent with the first lockdown of COVID 19.

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

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