

Self-harm: Early identification and effective treatments

Dr Eve Griffin,
National Suicide Research Foundation

GROW Information Evening,
“Understanding and minding your mental health”,
Tuesday 18th March 2014,
Silver Springs Hotel, Cork

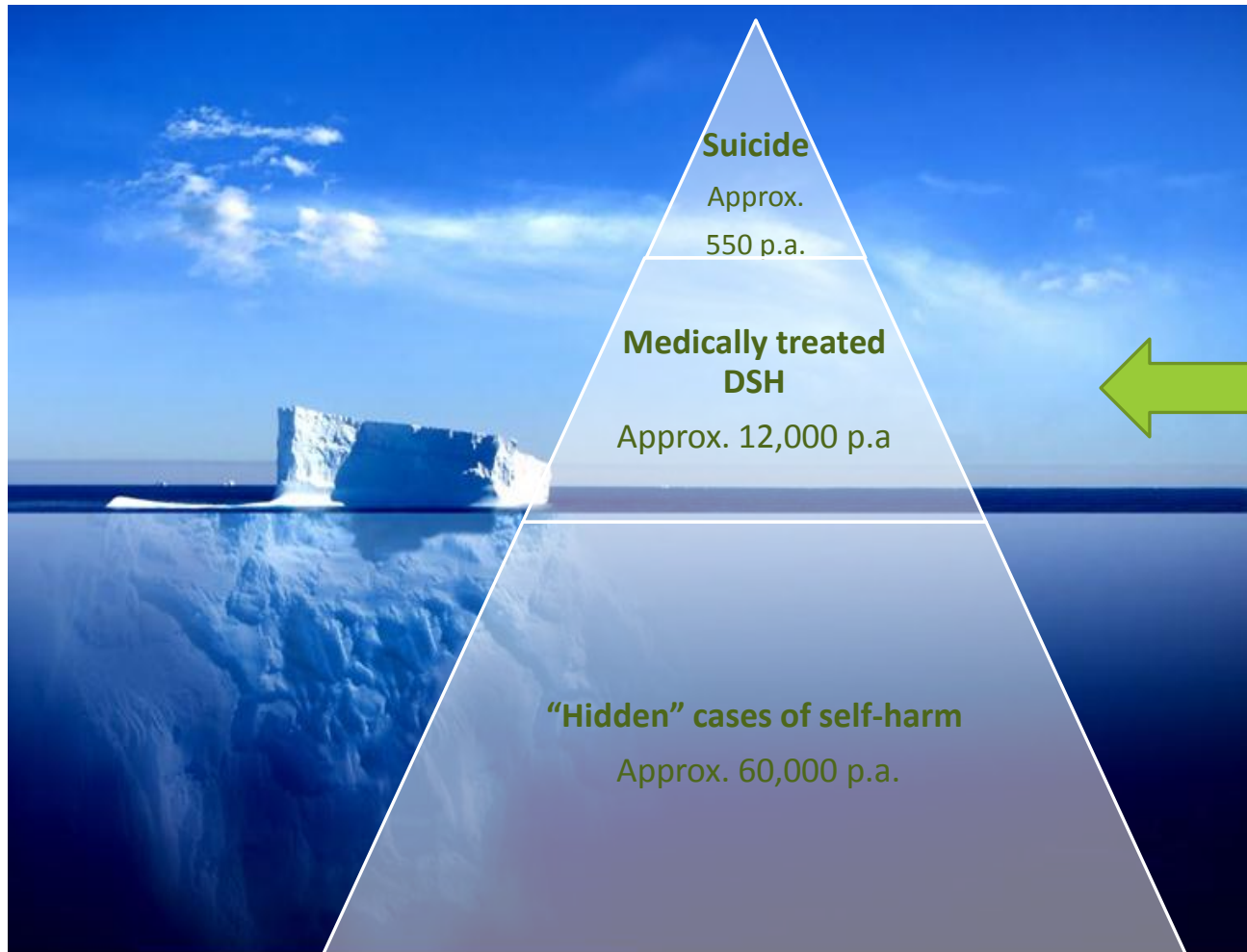


National Suicide
Research Foundation

Overview

- Introduction to self-harm
- Hospital-treated self-harm in Ireland
- Treatment of self-harm
- Challenges and recommendations
- Actions from the Registry

Suicide and medically-treated deliberate self-harm: The tip of the iceberg



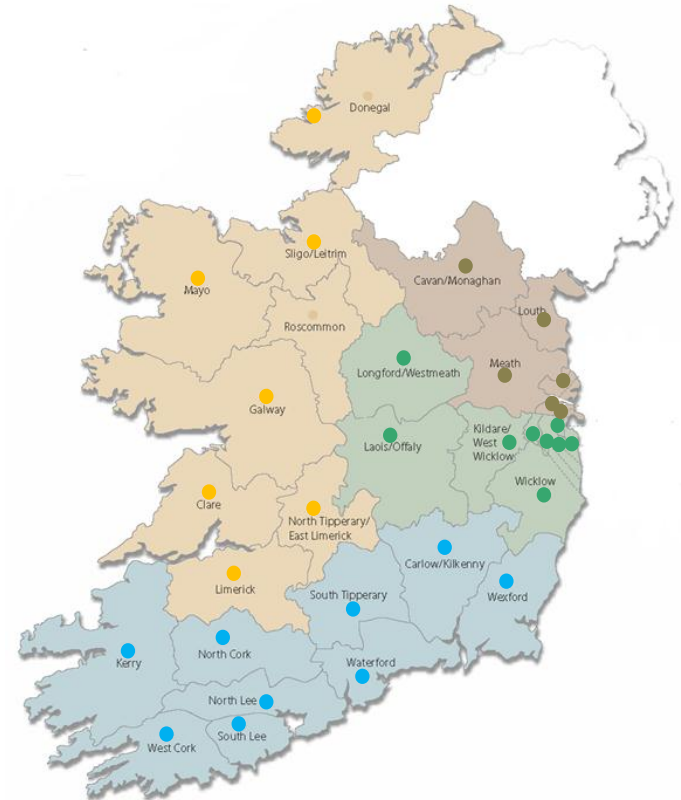
National Registry of Deliberate Self-Harm

What is self-harm?

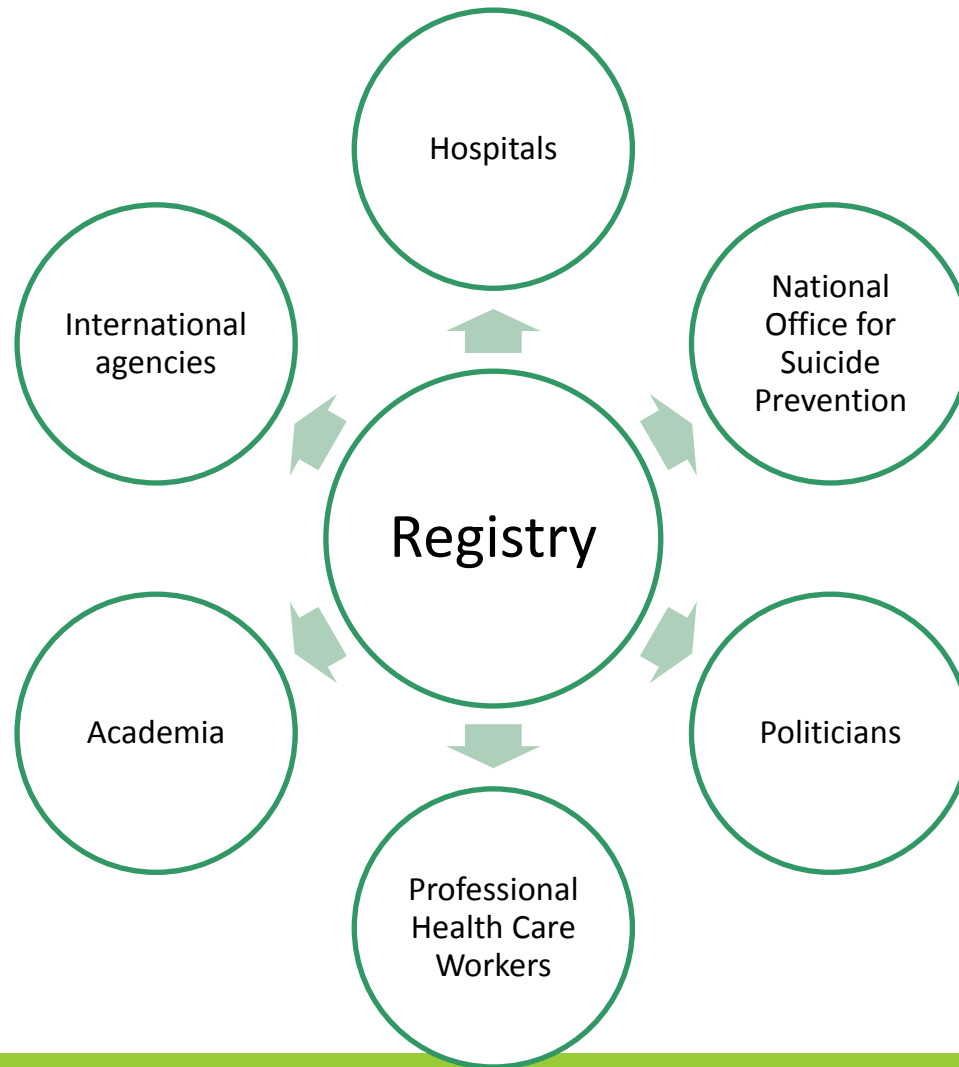
- It is a non-fatal act
- It is deliberately initiated
- The individual knows it may cause physical harm to her or himself and may cause death
- It includes suicide attempts but there may be other intentions involved

National Registry of Deliberate Self-Harm

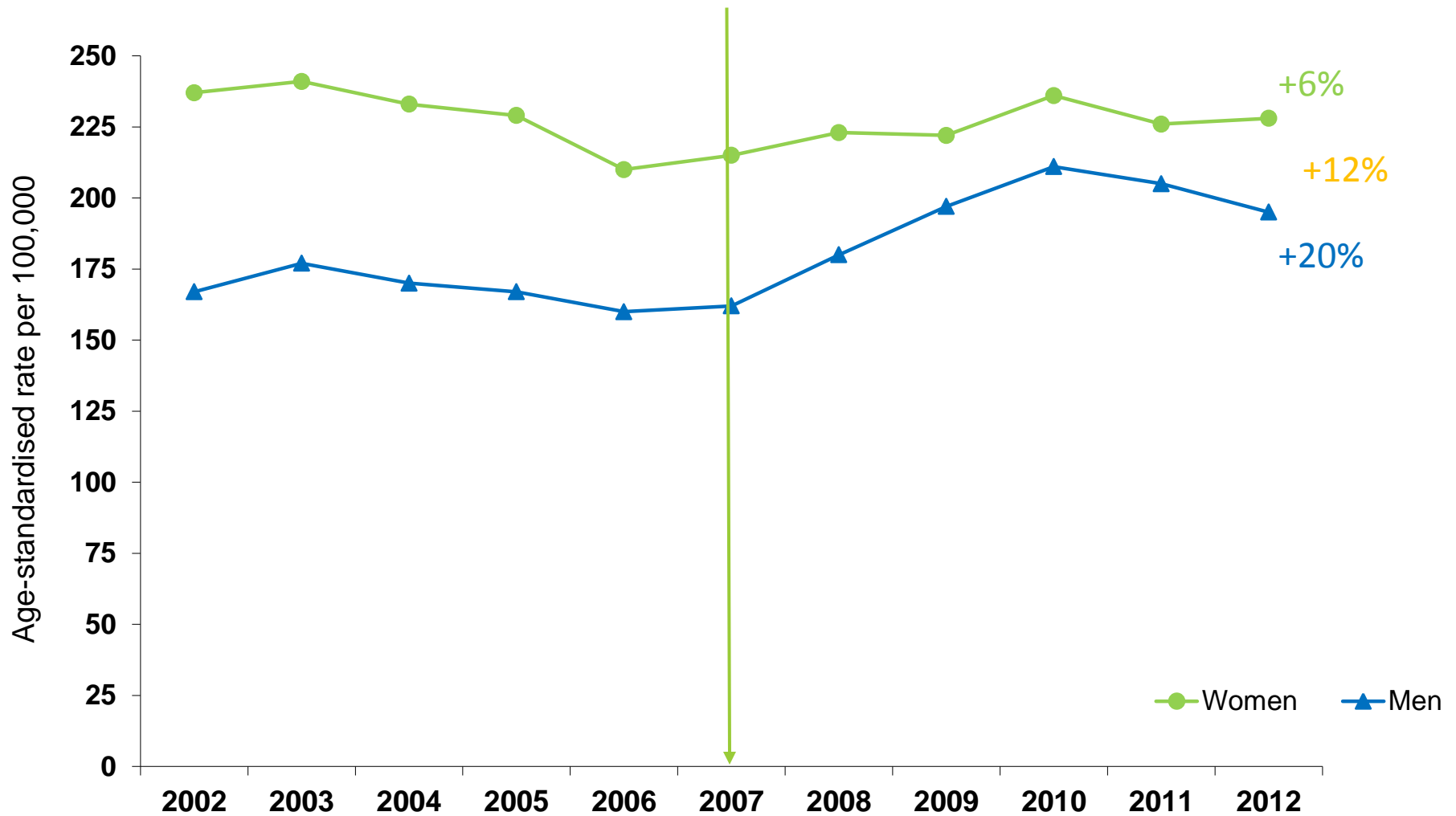
- Establish the extent of hospital-treated self-harm in Ireland
- Monitor trends over time and by area
- In 2012, there were 12,010 presentations to EDs in Ireland



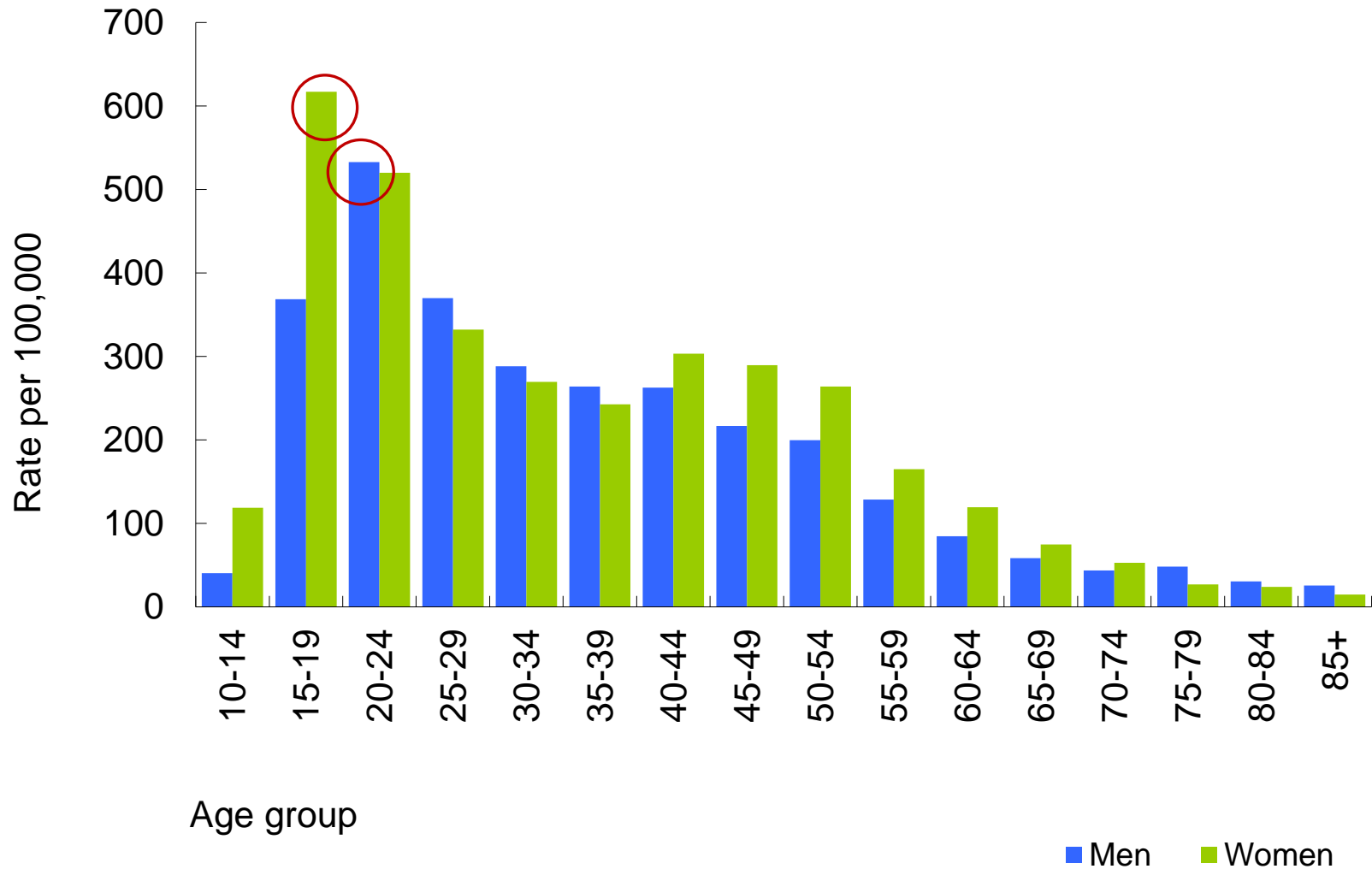
Who is the information for?



Trends in the rate of self-harm



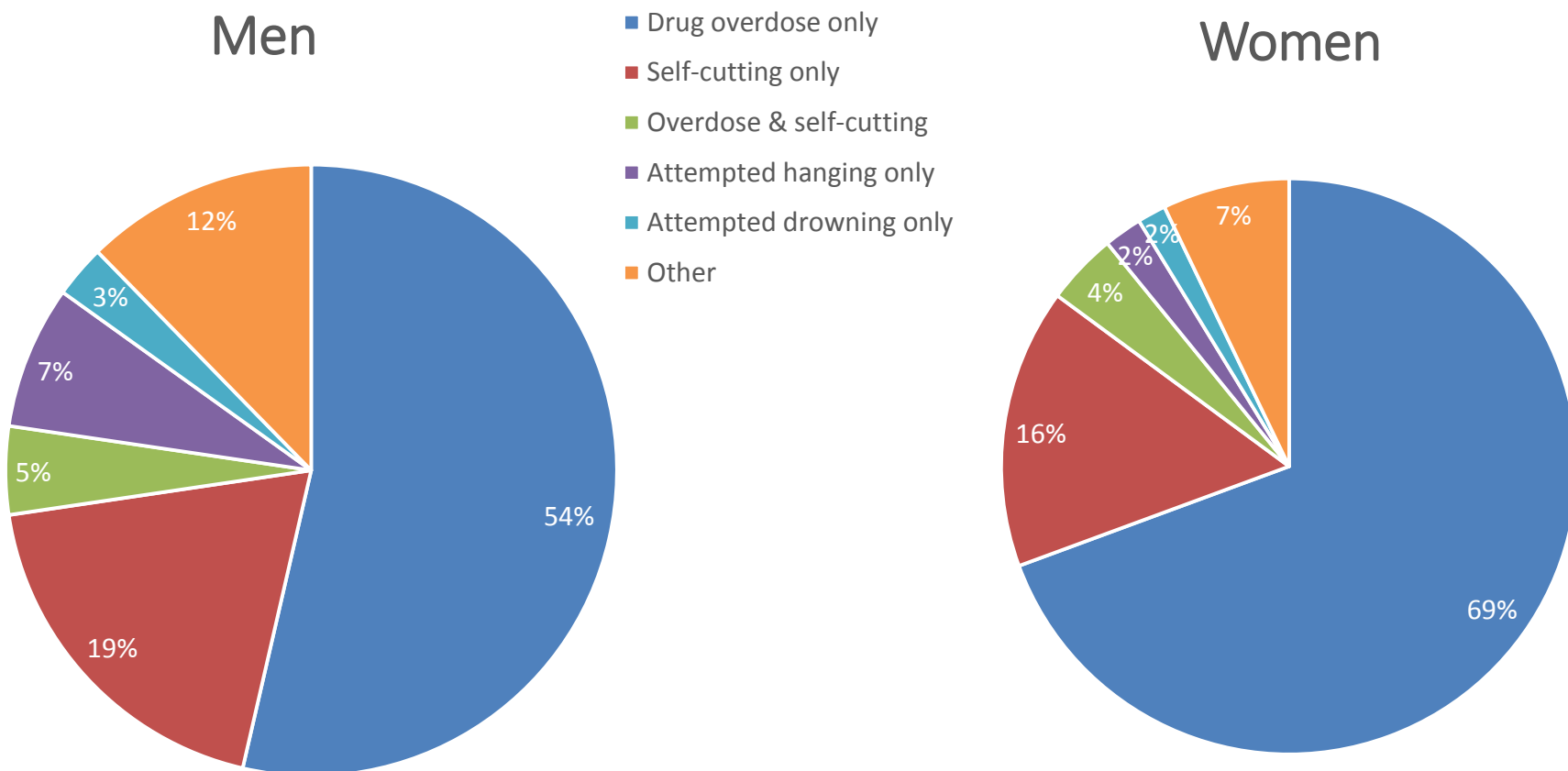
Incidence rate by age and gender (2012)



Key outcomes

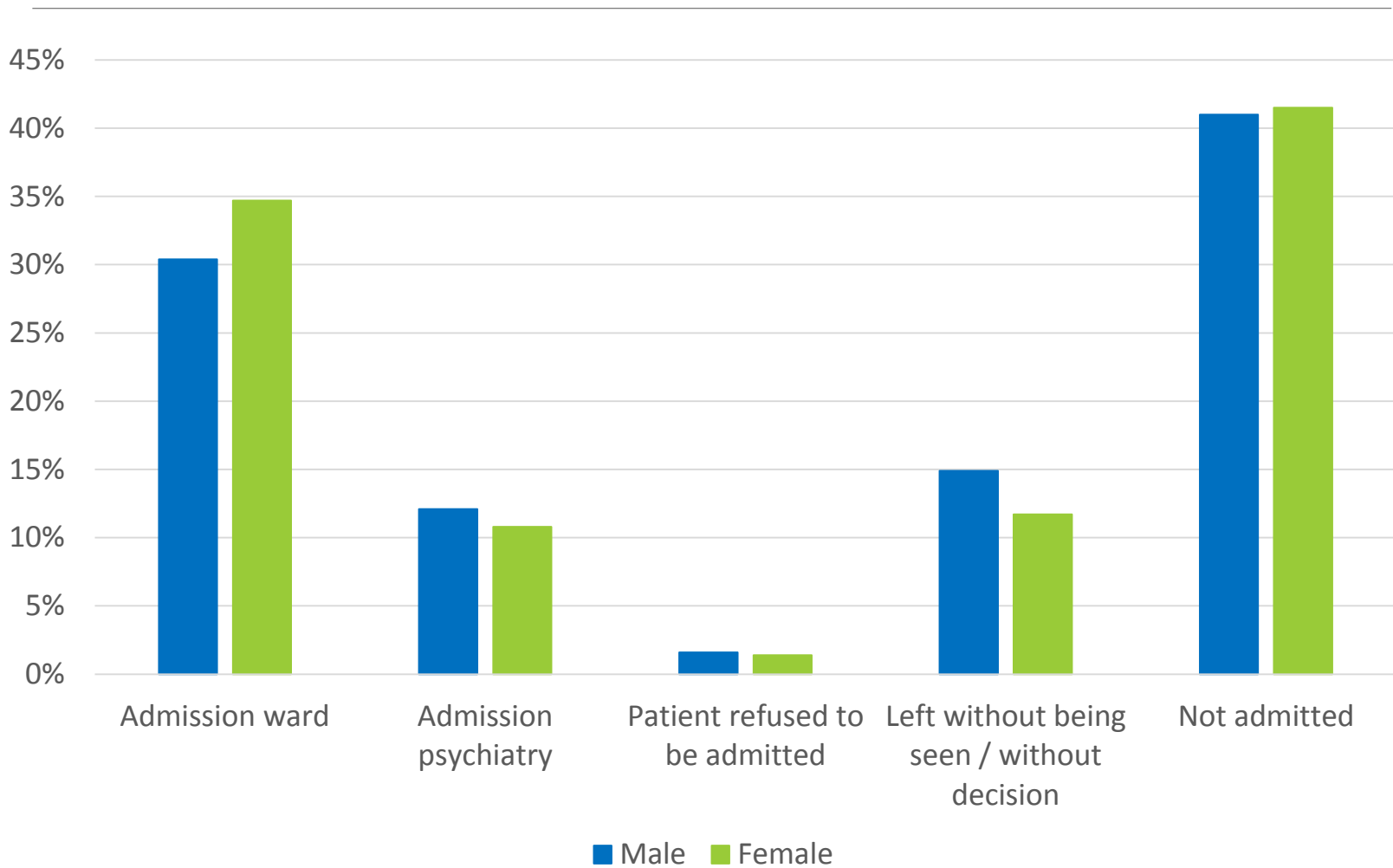
- More women present to an ED with self-harm than men
- 15-19 year-old females and 20-24 year-old males
- Almost three-quarters of presentations involved drug overdose (69%)
- Inpatient admission was the next stage of care in 38% of all cases
- 15% of people presented more than once during the year

Methods of self-harm by gender



Alcohol was involved in 38% of all cases (42% in men, 36% in women)

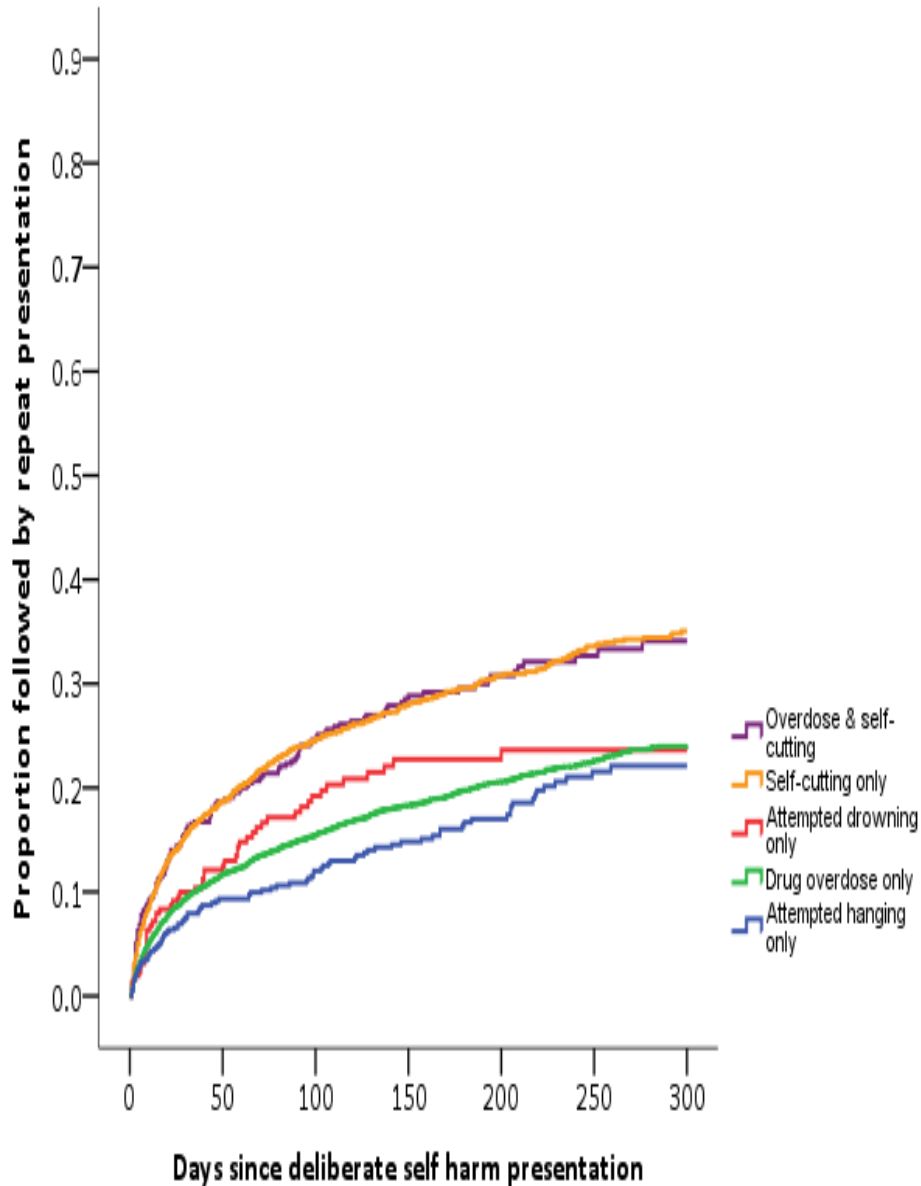
Aftercare of self-harm patients (2004-2012)



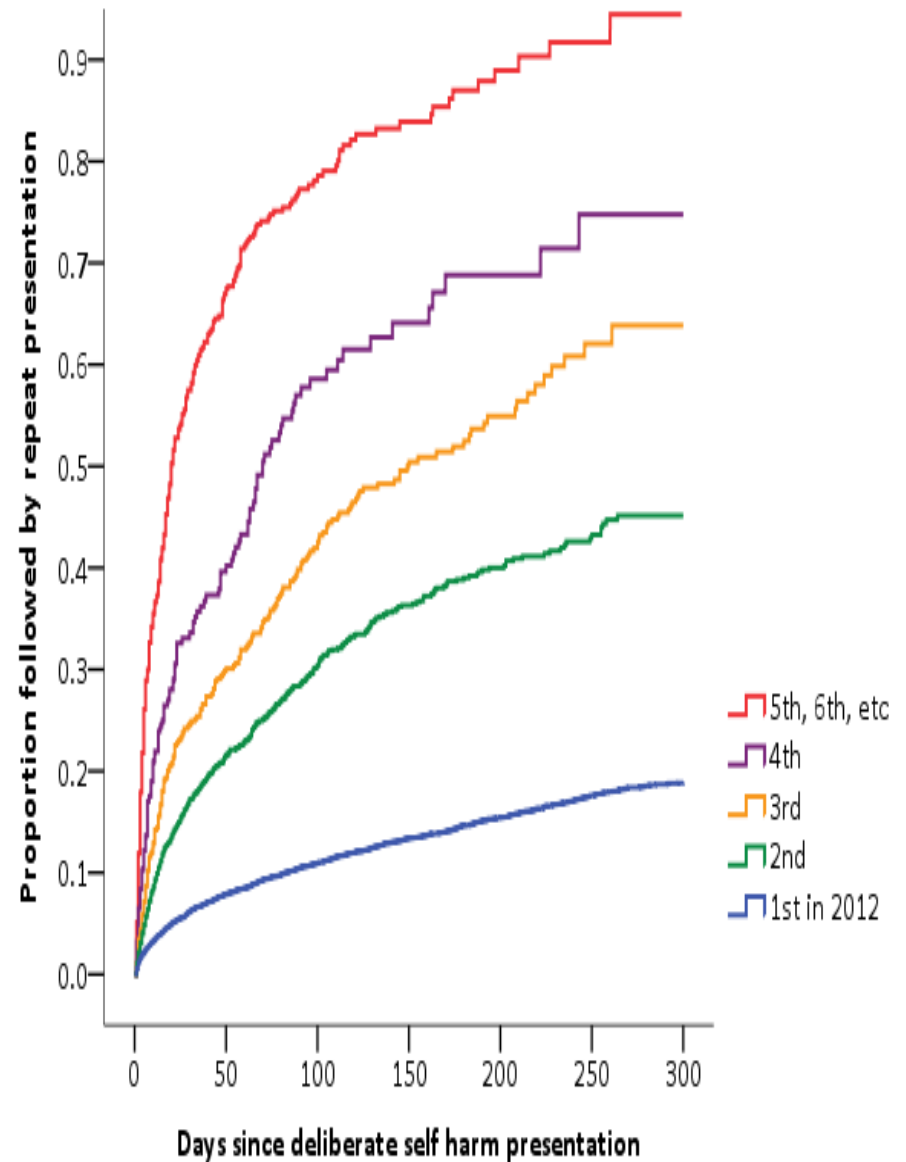
Repetition of self-harm

- Re-presenting to an ED with self-harm in the year following an initial act
- 1 in 5 presentations resulted in a follow-up presentation (2012)
- Risk of repetition is greatest in the short-term
- Risk of repetition varies by:
 - Age
 - Recommended next-care
 - Method of self-harm
 - Number of previous self-harm presentations

Method of self-harm



Previous presentations



The extent of repeated self-harm presentations

Number of DSH acts in 2003-2011	Persons		Presentations	
	Number	(%)	Number	(%)
One	48,066	77.1%	48,066	48.2%
Two	7,899	12.7%	1,5798	15.8%
Three	2,709	4.3%	8,127	8.2%
Four	1,297	2.1%	5,188	5.2%
Five - Nine	1,713	2.8%	11,010	11%
10 or more	635	1.0%	11,483	11.5%

Evidence based interventions of self-harm

- **Problem-solving interventions**
 - Individuals with single self-harm acts

- **Cognitive Behaviour Therapy**
 - Individuals with single/infrequent self-harm acts

- **Dialectical Behaviour Therapy**
 - Individuals with a history of multiple self-harm acts

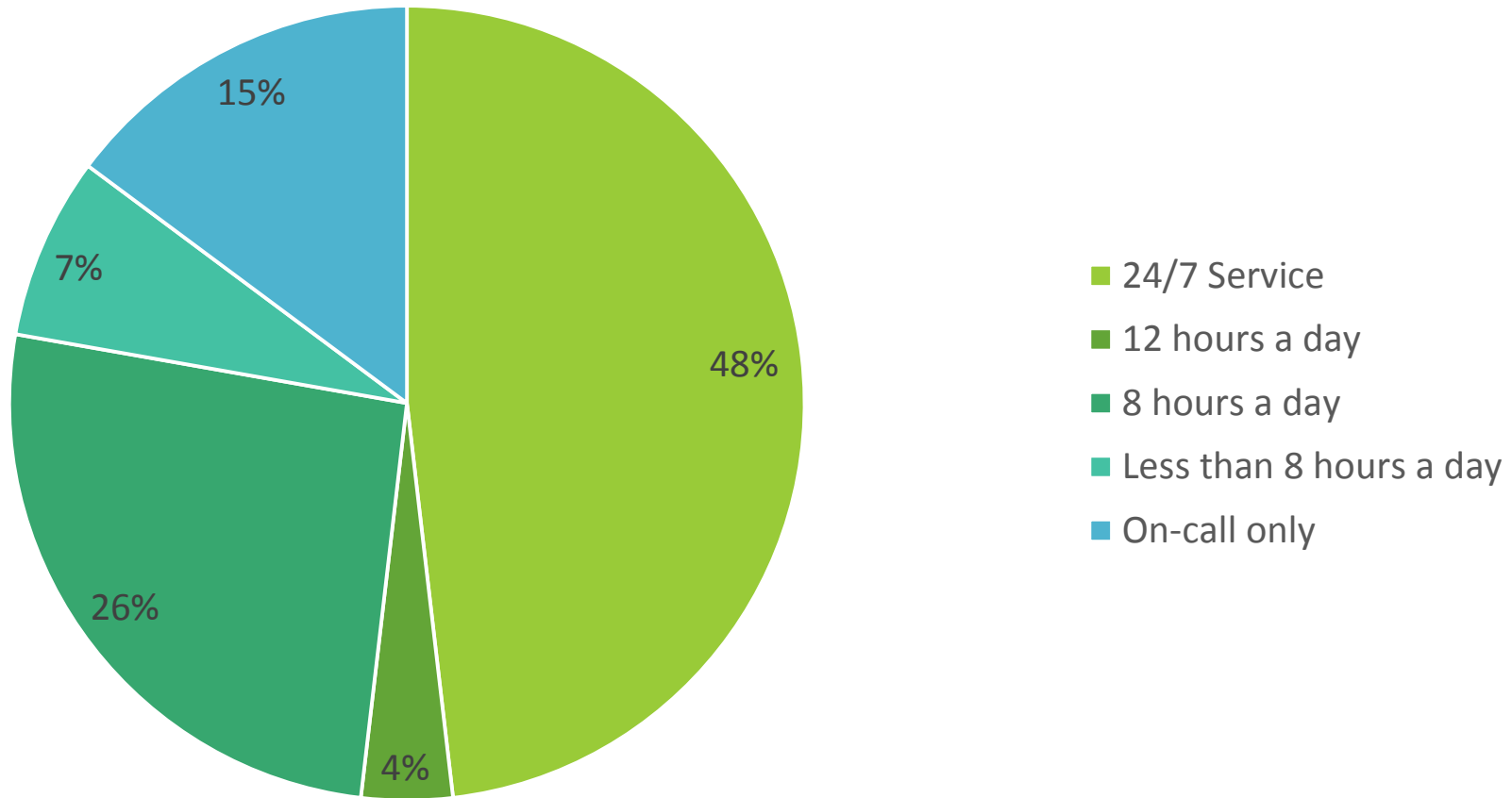
- **Pharmacological treatment**

(Hawton et al., 1998; Arensman et al, 2000; Arensman & Hawton, 2004; Cipriani et al., 2005)

Challenges to treatment of self-harm in EDs

- Profile of self-harm patients
- Availability / staffing of services
- Attitudes of healthcare professionals

ED Psychiatric Assessment Services, 2013*



* Based on data from 27 Irish EDS, NSRF, 2014

Attitudes of healthcare professionals

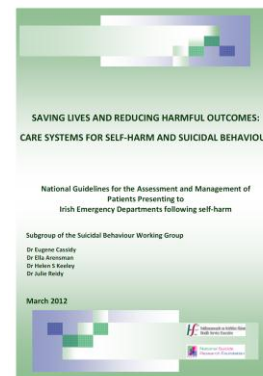
Attitudes held by clinical staff towards those who self-harm may affect clinical practice and experiences and outcomes of patients

- General attitudes and feelings of helplessness
- Knowledge and understanding of self-harm
- Access to guidelines for care and management
- Training in awareness and knowledge

(Saunders et al, 2011)

Actions

- The implementation of self-harm specialist nurses in hospital EDs as part of the National Mental Health Programme (2013-2014)
- Emergency Healthcare Staff Training Cork(2013)
- The implementation of Dialectical Behavioral Therapy at national level (2013-2015)
- The implementation of guidelines for assessment and management of self-harm patients presenting to Irish EDs (2013-2014)



NSRF Information Evening: 14th April

- Theme of self-harm
- Monday 14th April, River Lee Hotel, Cork City
- Representatives from GROW and Pieta House
- Email info@nsrf.ie for more details

Thank You!

evegriffin@ucc.ie

+353 21 420 5551

4.35 Western Gateway Building,
University College Cork



National Suicide
Research Foundation