

Self-Harm Data 2021

CHO Area 1

For the period from 1 January to 31 December 2021, the National Self-Harm Registry recorded 12,661 self-harm presentations to hospital that were made by 9,533 individuals nationally.

Persons and Rates per 100,000

Table 1 presents the number and rate of CHO 1 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 586 residents of CHO 1, 233 men and 353 women, presented to hospital with a total of 731 self-harm presentations. Taking into account the population, the rates of persons presenting to hospital following an act of self-harm were 132 and 196 per 100,000 for men and women respectively. Nationally, the rates of self-harm for men and women were 160 and 232 per 100,000 respectively.

		Persons	Age-standardised rate per 100,000
CHO Area 1	Men	233	132
	Women	353	196
Donegal	Men	71	101
	Women	122	161
Sligo/Leitrim/West Cavan	Men	74	166
	Women	99	221
Cavan/Monaghan	Men	88	142
	Women	132	218

Table 1: Number and rate of persons who were CHO 1 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 731 self-harm presentations by residents of CHO 1. Table 2 presents a breakdown of the total number of presentations by men and women by age group.

	0–19 yrs	20–24 yrs	25–34 yrs	35–44 yrs	45–54 yrs	55+ yrs	Total
Men	56	46	76	55	28	36	297
Women	158	64	57	64	56	35	434

Table 2: Number of presentations by CHO 1 residents by age and sex

There were 297 self-harm presentations by men and 434 by women. For men, presentations were highest among those aged 25–34 years (26%); for women, presentations were highest for those aged

under 20 years (36%). Approximately three in ten (29%; 214) self-harm presentations involved individuals younger than 20 years of age.

Methods

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

Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
444 (61%)	276 (38%)	15 (2%)	64 (9%)	16 (2%)	223 (31%)
* 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 61% of presentations. Self-cutting was the only other common method, involved in 31% of presentations. Alcohol was involved in 38% of presentations. There were 64 presentations involving attempted hanging while 16 involved attempted drowning and 15 presentations involved poisoning.

Repetition

The number of CHO 1 residents who made a repeat self-harm presentation in 2021 is provided by men and women in table 4.

	Men	Women	Total
Number of individuals who presented	233	353	586
Number who repeated	37	39	76
% who repeated	16%	11%	13%

Table 4: Number and percentage of CHO 1 residents who had a repeat self-harm presentation in 2021

Of the 586 individuals who presented with self-harm in 2021, 76 (13%) did so more than once. Based on persons, repetition was higher among men (16%) than women (11%).

Table 5 presents the risk of repetition by method of self-harm.

	Drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
Number of individuals who presented	362	217	13	55	15	166
Number who repeated	48	33	**	6	**	24
% who repeated	13%	15%	**	11%	**	14%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm).
 ** Data not provided as the number of individuals who presented with this method was too small to allow for meaningful comparison.
 Note that 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.

Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2021 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 of drug overdose, alcohol and self-cutting, 13%, 15% and 14% repeated self-harm respectively.

Presenting Hospital

The hospitals to which CHO 1 residents presented with self-harm is outlined in table 6.

	Number	Percentage
Letterkenny University Hospital	188	26%
Cavan General Hospital	223	31%
Sligo University Hospital	243	33%
Hospitals outside of CHO 1	77	10%
Total	731	100%

Table 6: Number and percentage of self-harm presentations by residents of CHO 1, by hospital

Residents of CHO 1 primarily presented to hospitals within their own region (90%). A smaller percentage (10%) presented to hospitals outside of this region, primarily to Our Lady of Lourdes Hospital in Drogheda.



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Next Care

Table 7 presents the recommended next care for CHO 1 residents following a self-harm presentation.

	Number	Percentage
General admission*	219	30%
Psychiatric admission	97	13%
Left without being seen/against medical advice	3	<1%
Not admitted	412	56%
Total	731	100%
* Presentations admitted to ICU have been included under General admission.		

Table 7: Recommended next care for presentations by residents of CHO 1.

Most commonly, 56% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 30% resulted in admission to a ward of the treating hospital and 13% were admitted for psychiatric in-patient treatment from the Emergency Department. Finally, fewer than 1% of presentations left the Emergency Department before a next care recommendation could be made.

Time of Day and Month of Presentation

The number of presentations for men and women by time of attendance is presented in figure 1.

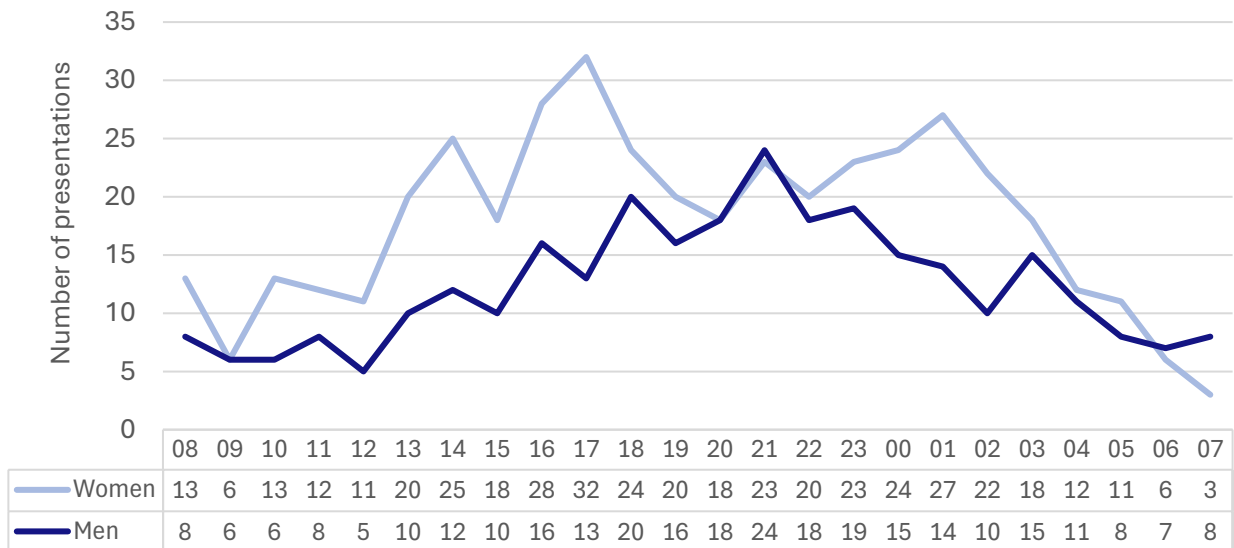


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women 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 12 p.m. onwards for men and 7 a.m. onwards for women. The peak time for men was 9 p.m. while it was 5 p.m. for women.





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A breakdown of the number of presentations per calendar month in 2021 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Number	54	54	70	60	61	66	58	64	61	50	70	63	731

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 61. In 2021, March and November saw the equal highest number of self-harm presentations (n=70) while October saw the fewest presentations (n=50).

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