

Self-Harm Data 2021

CHO Area 4

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 4 residents who presented to hospital as a result of self-harm in 2021.

In 2021, 1,141 residents of CHO 4, 480 men and 661 women, presented to hospital with a total of 1,395 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm were 148 and 205 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 4	Men	480	148
	Women	661	205
Kerry	Men	99	165
	Women	148	230
Cork: North Lee	Men	154	164
	Women	200	222
Cork: South Lee	Men	143	143
	Women	188	187
North Cork	Men	54	129
	Women	77	187
West Cork	Men	30	123
	Women	48	196

Table 1: Number and rate of persons who were CHO 4 residents when they first presented to hospital with self-harm in 2021

Age and Sex

In 2021, there were a total of 1,395 self-harm presentations by residents of CHO 4. 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	82	93	158	113	75	63	584
Women	276	135	152	104	72	72	811

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

There were 584 self-harm presentations by men and 811 by women. For men, presentations were highest for those aged 25–34 years (27%); for women, presentations were highest for those aged under 20 years (34%). Approximately one in four (26%; 358) 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
859 (62%)	318 (23%)	41 (3%)	96 (7%)	39 (3%)	348 (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 62% of presentations. Self-cutting was the only other common method, involved in 25% of presentations. Alcohol was involved in 23% of presentations. There were 96 presentations involving attempted hanging while 39 involved attempted drowning and 41 presentations involved poisoning.

Repetition

The number of CHO 4 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	480	661	1,141
Number who repeated	59	79	138
% who repeated	12%	12%	12%

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

Of the 1,141 individuals who presented with self-harm in 2021, 138 (12%) did so more than once. Based on persons, repetition was similar among men and women (12%).

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	714	274	32	83	31	269
Number who repeated	87	32	1	6	4	47
% who repeated	12%	12%	3%	7%	13%	18%

* This includes presentations where alcohol was involved (not just where alcohol was the main method of self-harm). 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.

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, 12%, 12% and 18% repeated self-harm respectively.

Presenting Hospital

The hospitals to which CHO 4 residents presented with self-harm is outlined in table 6.

	Number	Percentage
Cork University Hospital	565	40%
Mercy University Hospital, Cork	457	33%
University Hospital Kerry	305	22%
Bantry General Hospital	38	3%
Hospitals outside of CHO 4	30	2%
Total	1,395	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. Only 2% of presentations were to hospitals outside of CHO 4.

Next Care

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

	Number	Percentage
General admission*	325	23%
Psychiatric admission	103	7%
Left without being seen/ against medical advice	3	<1%
Not admitted	959	69%
Total	1,395	100%

* Presentations admitted to ICU have been included under General admission.

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

Most commonly, 69% of presentations were discharged following treatment in the Emergency Department. Of all self-harm presentations, 23% resulted in admission to a ward of the treating hospital and 7% 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 by men and women by time of attendance is presented in figure 1.

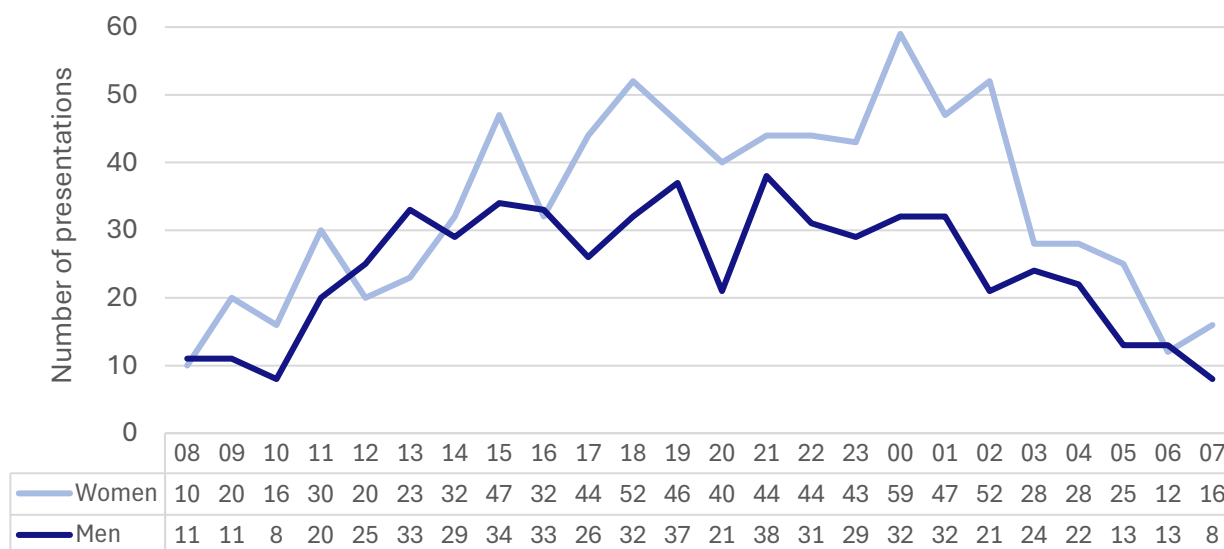


Figure 1: Self-harm presentations for men and women by time of attendance

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 8 a.m. onwards for women and 7 a.m. onwards for men. The peak time for men was 9 p.m. while it was midnight 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	113	105	111	161	87	106	98	128	149	134	97	106	1,395

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2021 was 116. In 2021, September saw more self-harm presentations than any other month (n=149) while May saw the fewest presentations for the year (n=87).

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