

### **Exercise 3.5 Scenario 2 Bob**

'Congestive heart failure occurs when the heart cannot pump enough blood to satisfy the needs of the body. The most common cause of congestive heart failure is coronary heart disease. Symptoms include breathless during activity and at rest, muscular fatigue, swelling of ankles, legs or the abdomen, and unexplained coughing and wheezing.'

[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Congestive\\_heart\\_failure](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Congestive_heart_failure)

Bob is 61 years old. He worked in the corporate world as high level executive, doing long hours in a stressful and competitive environment. His illness has recently forced him to retire early after he experienced a series of heart attacks and residual congestive heart failure. Bob is refusing to leave the home due his breathlessness. He has become moody, and often erupts with anger and behaves aggressively towards his wife and family which is placing those relationships under great strain.

As an informed friend who knows the family, you have been asked to provide support to Bob and his wife.

Complete the problem solving and goal setting exercise (3.5) with one of you being 'Bob' and the other being the 'Informed Friend'. Exercise 3.5 is on page 34-35 in your workbook.