**Social support in healthcare system**

Social support refers to the assistance accessible to an individual through the social ties to other people, groups and the society. It is also family networks, friends, neighbours and society members that are available during the time of need to give physical, psychological and financial assistance. Social support plays a critical role in building individual up during stress time and enhances their strength to thrive and carry more with the situation they may be facing (Rook et al., 2011). It is essential in the healthcare system to enable the patients to avoid alteration of brain function, preventing them from using drugs and alcohol, cardiovascular diseases, depression and suicide. It is a very critical requirement that helps individuals manage and cope with stress.

It also helps in motivating an individual to achieve the healthcare goals that they have and in turn, helps them in maintaining effective physical and mental health. It also protects them from developing trauma-related psychopathology reducing functional consequences of trauma-induced disorders. Women with breast cancer and individuals having advanced and metastatic cancer are at risk for reduced social support. Women with breast cancer who lacks enough social support do not have an emotionally satisfying relationship with their families and friends are likely to face the recurrence of cancer or even die (Nauert, 2011). During the first year after a diagnosis with breast cancer, an effective social network encourages strong social support and keeping the family members to always be there for the patients that would lead to improved outcomes.

Social networks help the family members, and close relatives should satisfy relationship emotionally with her to helping her not face the recurrence of cancer. Individuals with advanced and metastatic cancer would be more stressed complicating their conditions resulting in death because of the lack of social support from the family and community members (Uchino, 2006). Therefore social network enhances caregivers and family members to support these patients by dealing with anxiety and distress on their own to make the patients feel more supported in handling this life-threatening illness. Social network helps in building hopes to these patients by involving them in daily activities so that they cannot feel they are isolated from the family and the community as well.

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