

<https://doi.org/10.29289/259453942024V34S1106>

The influence of social skills in the humanization of breast cancer care

Marina Elias Rocha¹, Isabella Ferreira Bonifácio¹, João Pedro Sia Borges¹, Lara da Cruz Encinas Brandão¹, Wilson Marques da Silveira Neto¹

¹Centro Universitário de Mineiros.

Objective: This study aimed to analyze how social skills can influence the care of patients with breast cancer, in order to create humanized care. **Methodology:** A bibliographical survey of the last 6 years was carried out in the PubMed and VHL virtual libraries, and articles related to this topic were also selected. **Results:** Breast cancer is more prevalent among women, causing different biological and psychological changes in a unique way in each patient. These changes require a holistic approach to care, which is capable of addressing not only the physical aspects of the illness but also the biopsychosocial, spiritual, and family conditions that directly interfere with the course of women's treatment and recovery. Part of these essential factors is family support, together with the multidisciplinary team, which plays an essential role in this context, developing emotional assistance that contributes considerably to the well-being and quality of life of patients. In this way, it is possible to promote a broad support network that involves professionals and family members who contribute substantially to a humanized care practice. Studies have shown that empathetic care, touch, welcoming, and qualified listening are examples of social skills, which, combined with assistance to patients with breast cancer, promote humanization and comprehensiveness of care. In this way, the results showed safer and more confident patients, with greater adherence to treatment, reducing fears and negative apprehensions regarding the disease. In this sense, this approach has proven to be efficient, especially in Brazilian public health demands, providing more complete, humane, and ethical care. **Conclusion:** In this sense, social skills improve care, contributing to improving the quality of life of breast cancer patients by providing a comprehensive look at each patient and addressing their different aspects.

Keywords: social skills; breast cancer; breast neoplasm.