

THE SCIENCE OF NURSING: EVIDENCE-BASED PRACTICE The benefit of evidence-based-4?? practice (EBP) in nursing is that it leads to safer, higher-quality patient care by using proven, research-backed interventions. EBP reduces errors, advances nursing knowledge, and supports continuous improvement in care standards. ??6-NURSING PRACTICE: CHALLENGES TO CARING: Nursing .involves helping individuals maintain or improve their health through care plans