

??4–THE SCIENCE OF NURSING: EVIDENCE–BASED PRACTICE The benefit of evidence–based 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.