

PUBLIC PROMTPRESS REPORT

Channel audit

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SUBSCRIBERS

158 116

+913 per month

ERR (% SEE POSTS)

8.0%

per day 4.3%

REACH/POST

12.4K

ad reach 6.8K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 158 116 —	 SUBSCRIBER REACH 7.85% avg % subs see post	 VIEWS/POST 12.4K median 13K · 29 days	 POSTS/WEEK 19.3 for the period
 7D TREND -6.6% vs previous week	 REACTIONS/POST 154.3 total 12,495 reactions, 8,274 reposts, 827 comments	 POST LENGTH 609 chars median 592 · 29 days	 POSTS ANALYZED 81 29 days
 AD REACH 6.8K 24h avg	 CHURN / MONTH +913 last month	 CITATION RATE 5 citation index · 64 channels mentioned it ever	 CHANNEL AGE 4 years 4 months created 26.01.2022

AI EDITOR SUMMARY

Channel «Dr. Victoria Orlinskaya» – 158 116 subs. Each post averages 12.4K people (8% from subs), reach is low – consider expanding audience. Publishes 19 posts per week (~3/day) – regular schedule. For week 8–14 June reach dropped -6.6% to week 1–7 June – worth analyzing the reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT TOP POSTS SHARE

- 01 Analysis based on 81 posts over 29 days.
- 02 Dominant format — Photo (36/81 posts).
- 03 Avg post length — 609 characters (median 592).
- 04 Audience peak activity — Sunday, 11:00 MSK.
- 05 Top posts get 2x more views than the weakest (16.5K avg for top vs 9.5K for worst) — among 81 posts over 29 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

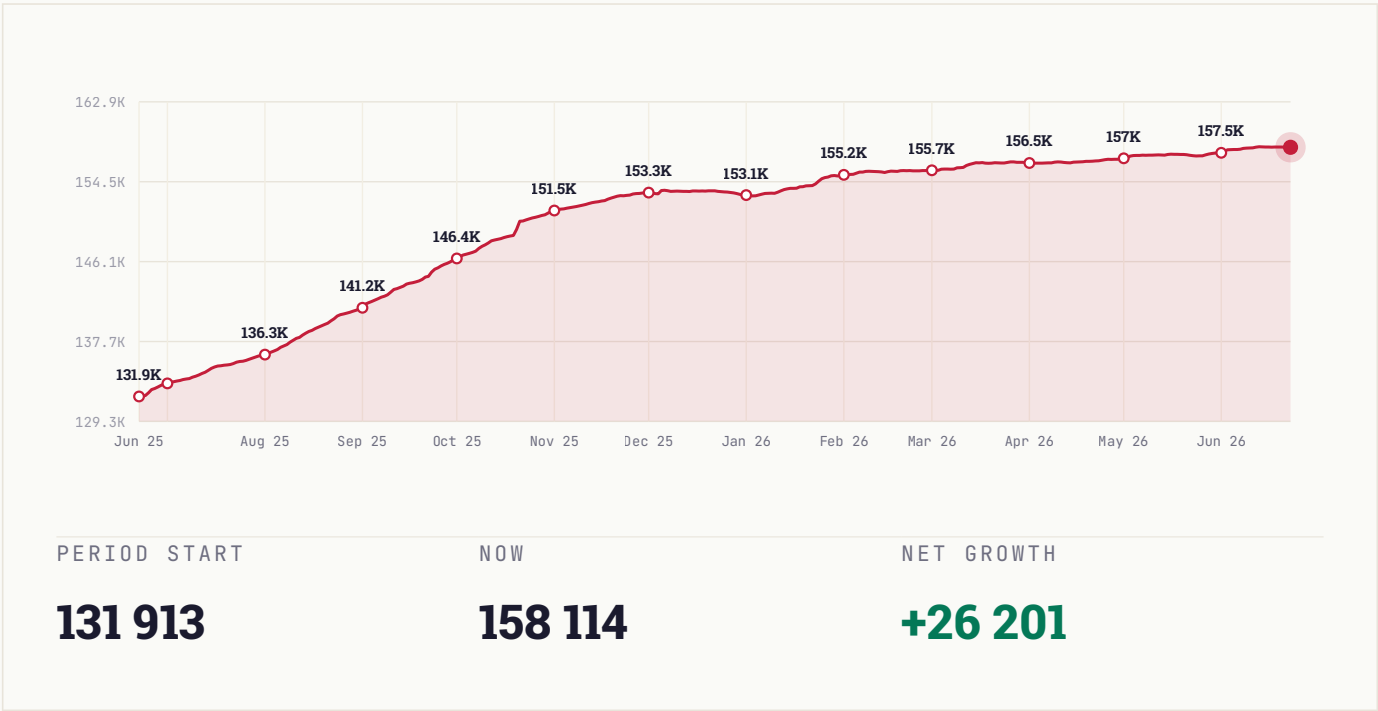
Nº1 31.05 · 08:40 PHOTO I actively prescribe creatine to patients with post-viral asthenia — especially after COVID. ☒What is creatine? It's a natural substance that...	VIEWS 17 056 REPOSTS 182	REACTIONS 185 ER 10.8%
Nº2 29.05 · 15:36 PHOTO ☒Hooray! Finally got my own liquid herbal blend for the whole family!☒ ☒Black walnut polyextract and...	VIEWS 16 227 REPOSTS 144	REACTIONS 343 ER 10.3%
Nº3 25.05 · 08:40 TEXT Quick guide to antiparasitic program: where to start & how to boost Many want to jump straight to herbs, but the effect is much higher...	VIEWS 16 197 REPOSTS 557	REACTIONS 254 ER 10.2%

Nº4 31.05 • 14:05 VIDEO Chronic fatigue is not laziness! How to help the nervous system recover? I recorded this video after my mom's recent replacement...	VIEWS 16 098 REPOSTS 258 REACTIONS 310 ER 10.2%
Nº5 30.05 • 14:06 VIDEO ☒☒♀ We're used to slathering creams on our face, but true beauty starts from within. Here are 5 supplements that directly affect what you see...	VIEWS 15 956 REPOSTS 148 REACTIONS 192 ER 10.1%
WORST 3	
↓ 16.06 • 15:16 VIDEO ☒ASD Fraction 2 is a smart biomodulator & antiseptic that adapts to your body's needs. Suppositories send a signal to tissues to...	VIEWS 9 521 REPOSTS 33 REACTIONS 82 ER 6.0%
↓ 19.06 • 12:35 PHOTO ☒My primary approach to VIRAL INFECTIONS is reducing overall inflammation through diet and bile flow support (hot water...	VIEWS 9 513 REPOSTS 67 REACTIONS 107 ER 6.0%
↓ 20.06 • 06:07 VIDEO ☒Many know the benefits of hirudotherapy (leech therapy): it helps boost blood flow, reduce swelling and inflammation. But what if one...	VIEWS 9 349 REPOSTS 13 REACTIONS 79 ER 5.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

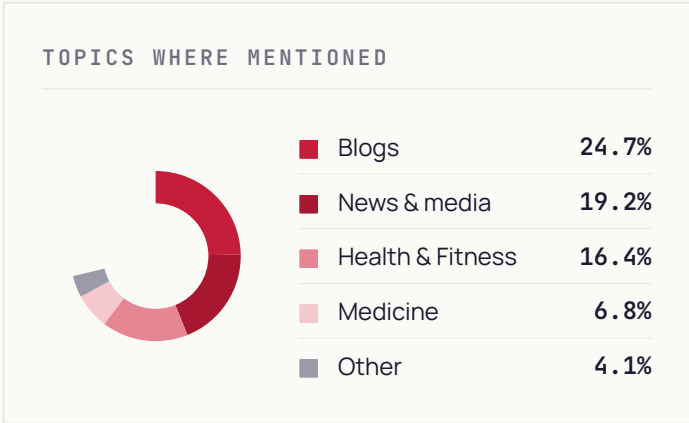
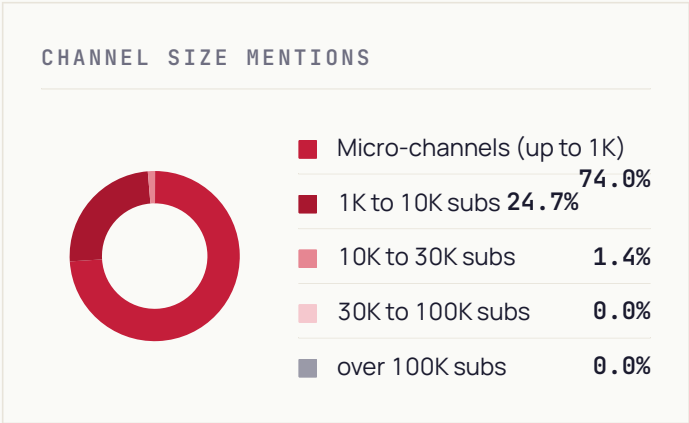
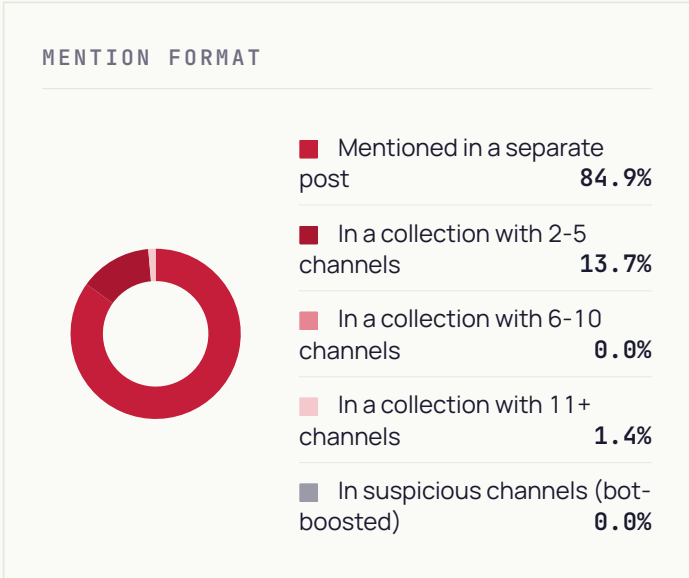
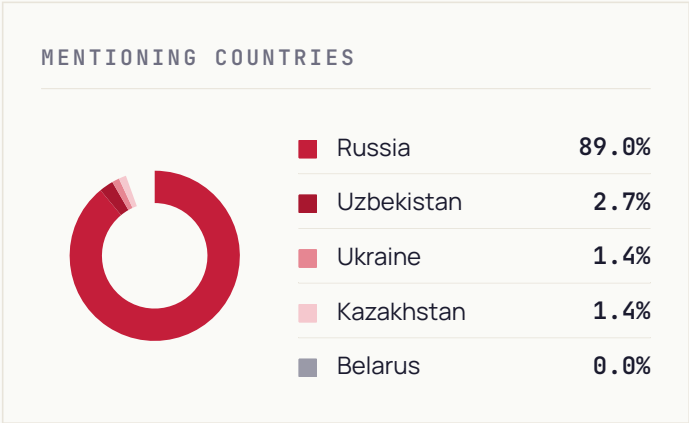
Subscriber growth chart for the year. Key months show exact subscriber count. Highlights months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

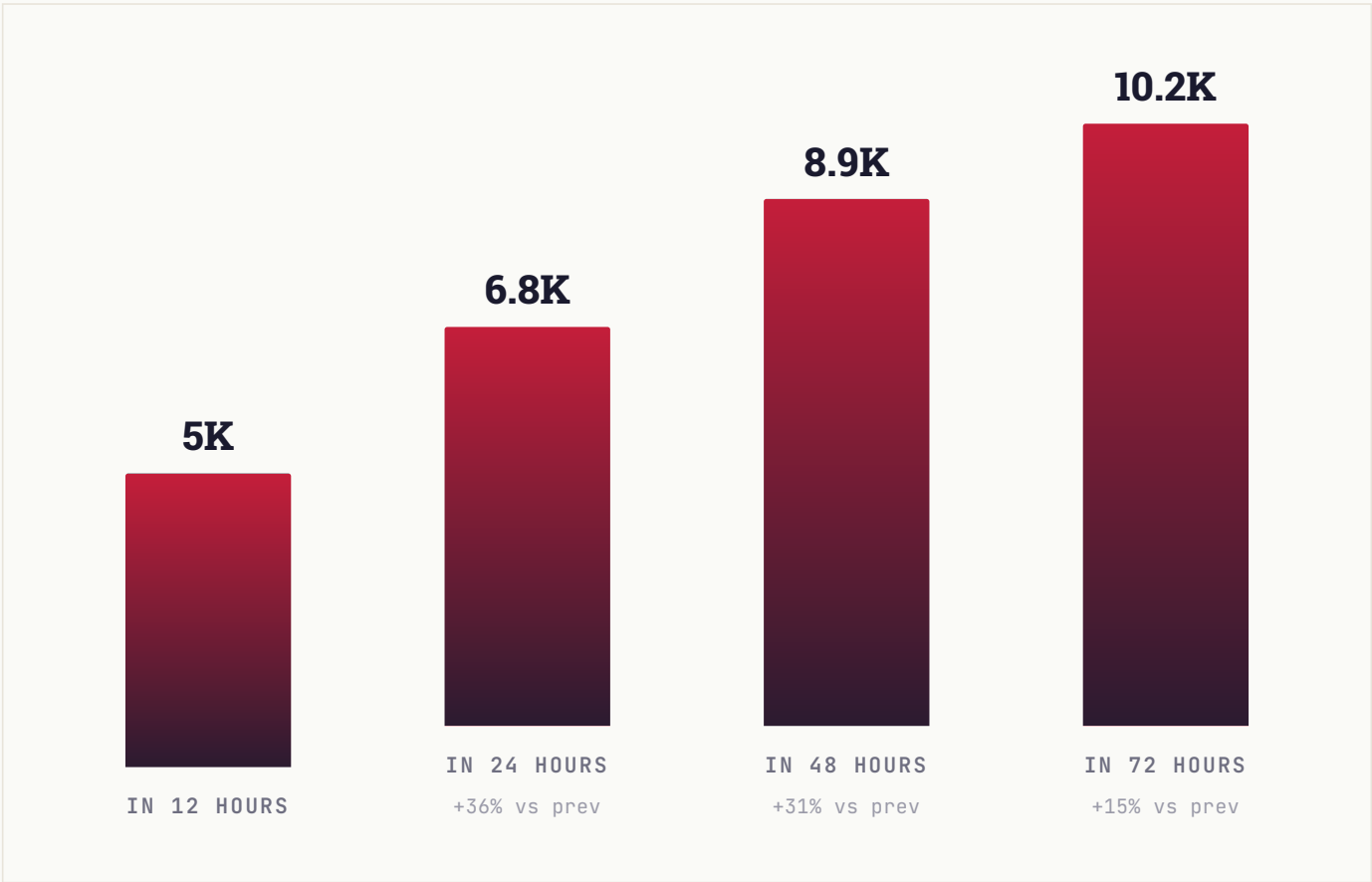
Citation index 5 – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K. All-time mentions: 64 different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — you can see its rank among niche neighbors.

CHANNEL	SUBSCRIBERS
BI Blog from the Morgue	359.3K
EM Endocrinologist Magerya	293.9K
EP EXPERIENCED PHARMACIST	267K
MM Moscow medicine	238.8K
ZD ZdravKontrol	223.6K
KD Dr. Shishonin's channel	215.4K
AT Anatomical Theater	201.6K
MR Mikerina. Childbirth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
ZS Forensic Examiner's Notes	171.5K
DV Dr. Victoria Orlinskaya YOU	158.1K

COMPARATIVE INSIGHT

Channel intop quarter of niche (#12 of 96). Leader — Blog from the Morgue (359.3K). Goal for coming months: enter top 10 via systematic traffic work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention your channel. Over the last **6 months** mentions count **8**, they brought **20 608** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	1	1	491	
November 2025	1	1	1 989	
October 2025	2	2	5 081	
September 2025	3	3	5 181	
August 2025	1	1	4 863	
July 2025	0	0	3 003	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
8	6	20 608

SECTION 08 · NICHE COMPARISON

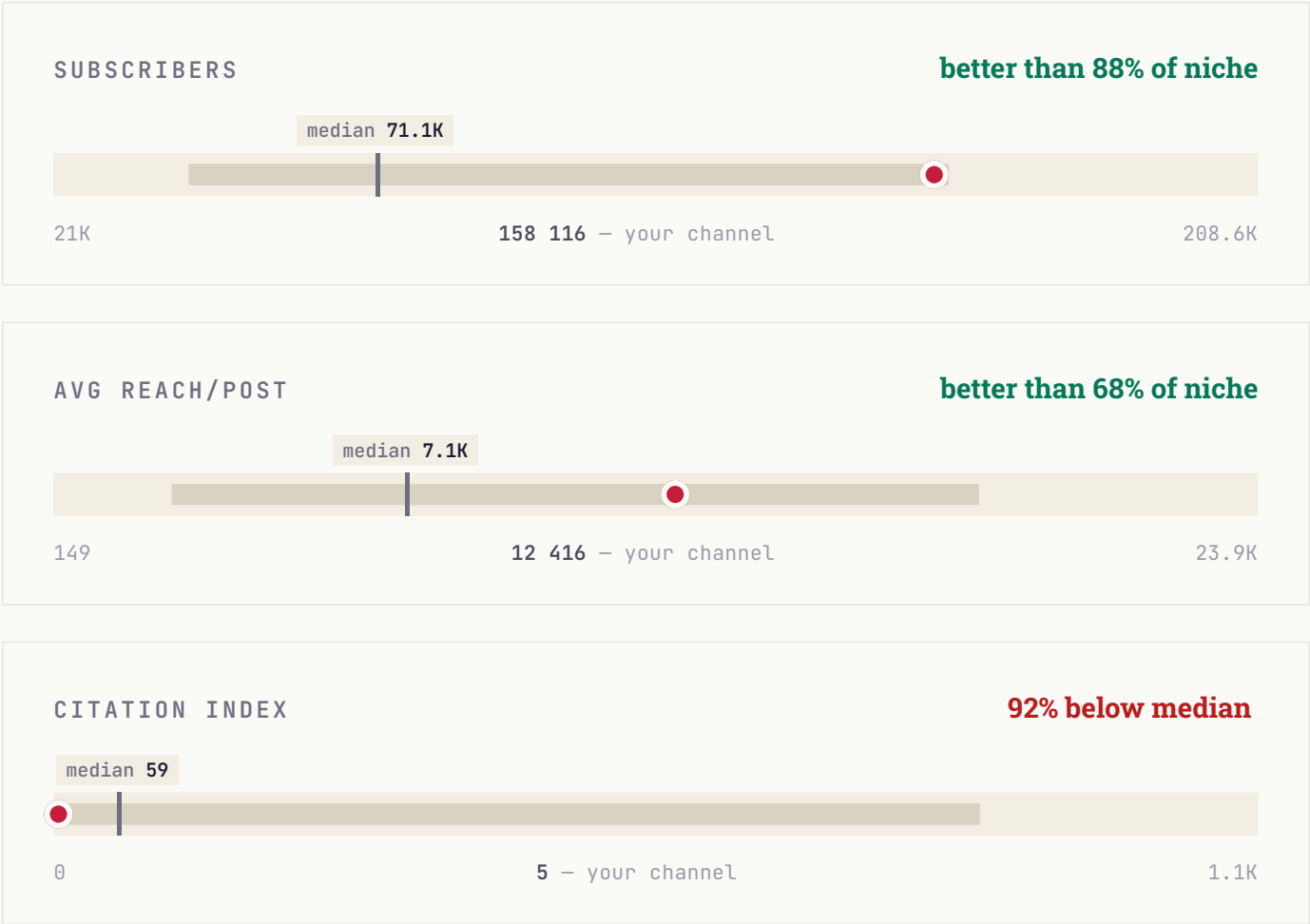
Where the channel stands in its league

Took top-100 channels in category "Medicine» (Russia) and compared your channel. Gray band = 80% of niche channels (p10-p90). Black line = median. Red dot = your channel.

#12/100

POSITION IN NICHE

Channel in top 12% – strong position



— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check off and revisit in a month.

01

Top post of the week — on Sunday

On this day at 11:00 MSK audience is most active.

EFFECT

**Best window
for important
posts**

02

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromtPress finds sources for your niche.

EFFECT

**+1000-3000
subs**

03

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic is an easy win.

EFFECT

+5-15% ER

04

Cross-promo with adjacent channels

Cross-post with same-segment channels once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

05

Update channel description for Telegram search

Telegram search scans descriptions. Add 3-5 niche keywords for organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further — run ads through us and hit your growth plan in a month.

01 **Launch ads on
Telegram**

<https://panel.promptpress.com/register>

02 **Contact manager**

t.me/PromptPress_manager
