

PUBLIC PROMTPRESS REPORT

Channel audit

Doctor Pavlov



@doc_gastro_life

Gastroenterologist with 17 years of experience. Effective schemes and recommendations for GI issues in the channel. No online consultations! Chat rules: https://t.me/doc_gastro_life/5609
Notice #...

SUBSCRIBERS

73 514

+2123 per month

ERR (% SEE POSTS)

9.0%

per day 3.6%

REACH/POST

5.8K

ad reach 2.6K/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 73 514 —	 SUBSCRIBER REACH 7.85% avg % of subs see post	 VIEWS/POST 5.8K median 6.4K · 29 days	 POSTS/WEEK 20.1 for the period
 7D TREND +0.8% vs previous week	 REACTIONS/POST 85.3 total 7,164 reactions, 3,399 reposts, 684 comments	 POST LENGTH 459 chars median 250 · 29 days	 POSTS ANALYZED 84 29 days
 AD REACH 2.6K 24h avg	 CHURN / MONTH +2123 last month	 CITATIONS 30 citation index · 104 channels mentioned all time	 CHANNEL AGE 4 years 4 months created 24.02.2022

AI EDITOR SUMMARY

Channel «Doctor Pavlov» — 73 514 subs. Each post gets on avg 5.8K people (8% from subs), reach is low — consider expanding audience. Publishes 20 posts per week (~3/day) — consistent schedule. Week of June 8–14 reach stable (+0.8% vs week 1–7 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **84** posts in 29 days.
- 02 Dominant format — **Text** (39/84 posts).
- 03 Avg post length — **459** chars (median 250).
- 04 Peak audience activity — **Friday, 19:00 MSK**.
- 05 Top posts get **2x** more views than the weakest (8.2K avg top vs 4.3K worst) — among 84 posts in 29 days. Analyze what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 29.05 · 09:16 VIDEO Q&A from banned network. Don't forget ♥ 📺Doctor Pavlov in MAX 📺Doctor Pavlov in VK	VIEWS	REACTIONS
	8 426	162
	REPOSTS	ER
	48	11.5%
Nº2 02.06 · 04:07 PHOTO 📺 2 guides on vitamins and GI drugs Download now! 1📺 Guide 'How to choose safe drugs and supplements (on marketplaces or in...	VIEWS	REACTIONS
	8 191	44
	REPOSTS	ER
	13	11.1%
Nº3 08.06 · 15:16 TEXT Bitter taste in mouth is not always GERD! In fact, bitter taste is one of the most «multifaceted» symptoms. And here's why it's often treated incorrectly...	VIEWS	REACTIONS
	7 977	221
	REPOSTS	ER
	90	10.9%

Nº4 29.05 · 16:16 **PHOTO**

Do it daily! 😊

VIEWS

7 945

REPOSTS

76

REACTIONS

315

ER

10.8%

Nº5 01.06 · 16:06 **PHOTO**

Atrophy and Rebagit: how to take for effect ↓ 1⃳ First, atrophy/metaplasia must be treated! It is possible. I have many...

VIEWS

7 805

REPOSTS

75

REACTIONS

103

ER

10.6%

WORST 3

↓ 20.06 · 07:03 **PHOTO**

Imagine: your stomach lining is damaged (as most of you have) and you give it a «sandpaper» cocktail. What do you think...

VIEWS

4 412

REPOSTS

7

REACTIONS

51

ER

6.0%

↓ 20.06 · 07:03 **PHOTO**

Do nutritionists give discount codes? 😊 Various herbs, balms, peptides, tinctures, ointments gain magical powers usually in the mouths of those...

VIEWS

4 267

REPOSTS

9

REACTIONS

65

ER

5.8%

↓ 21.06 · 13:55 **PHOTO**

And don't tell me later «it's all paywalled»! 😊 The self-diagnosis lecture from the «Your Healthy GI» workshop is available to everyone who...

VIEWS

4 261

REPOSTS

6

REACTIONS

54

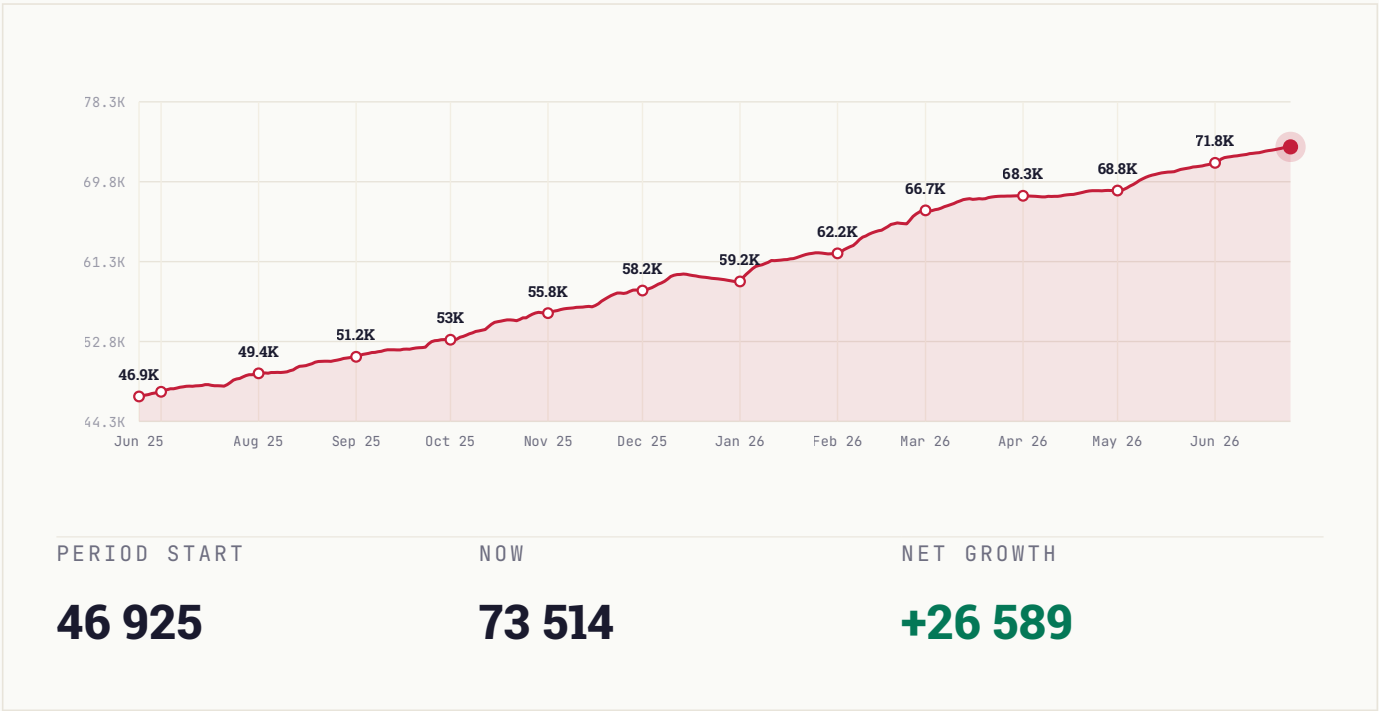
ER

5.8%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

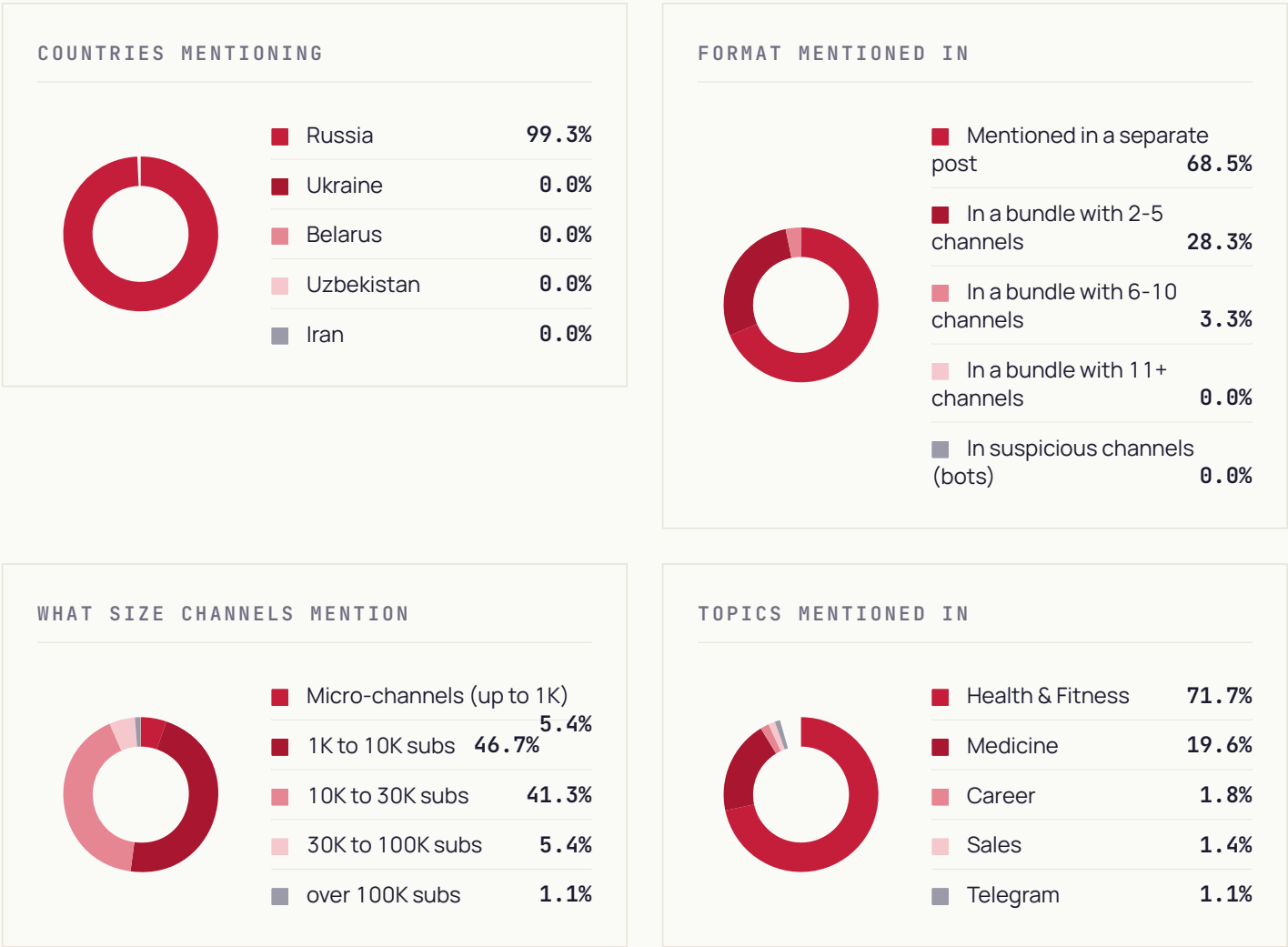
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

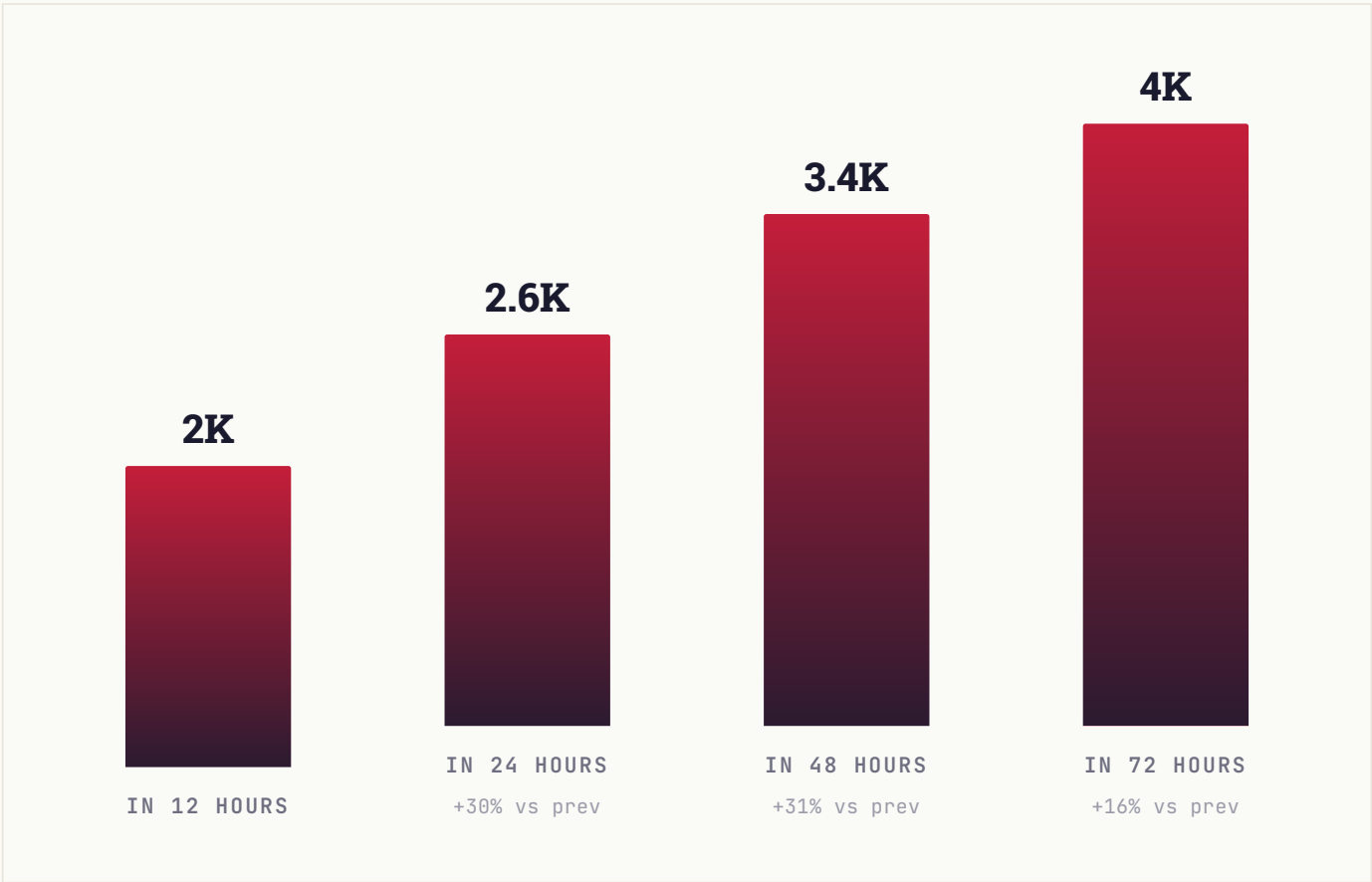
Citation index **30** – channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **104** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings 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 — see its rank among niche peers.

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 Mycerinus. Giving birth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
ZS Forensic expert's notes	171.5K
DP Doctor Pavlov YOU	73.5K

COMPARATIVE CONCLUSION

Channel in top half of niche (#47 of 96). Niche leader — **Blog from the morgue** (359.3K), median subs 70.8K. Aim for the top quartile — a realistic 6-12 month horizon.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we track posts in other channels that mention your channel. Over the last **6 months** such mentions occurred **70**, they brought **13 229** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	0	0	1 756	
November 2025	1	1	2 540	
October 2025	2	2	3 023	
September 2025	60	58	1 898	
August 2025	2	2	1 846	
July 2025	5	5	2 166	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
70	6	13 229

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

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

#47

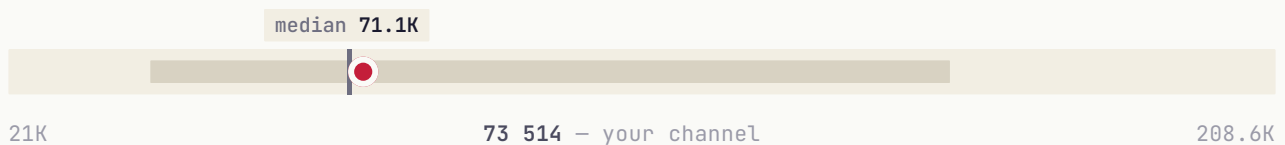
/100

POSITION IN NICHE

Channel in top half of rating

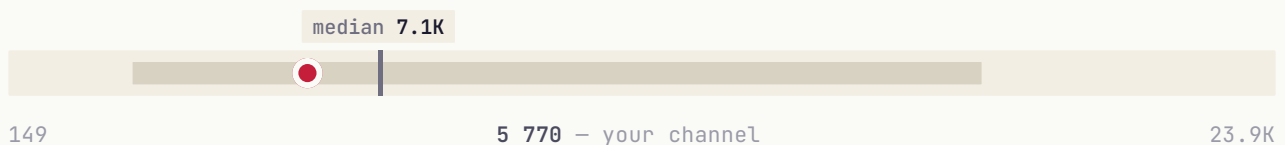
SUBSCRIBERS

better than 51% of niche



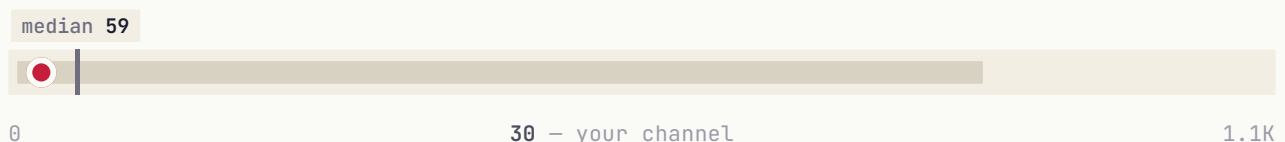
AVG REACH / POST

worse than median by 19%



CITATION INDEX

worse than median by 50%



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01

Main post of the week — on Friday

Audience is most active on this day at 19:00 MSK.

EFFECT

**Best window
for important
post**

02

Systematic traffic buying

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

EFFECT

**+1000-3000
subs**

03

Test polls and interactive formats

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

EFFECT

+5-15% ER

04

Cross-promo with neighboring channels

Swap posts quarterly with same-segment channels. 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 — a source of organic traffic.

EFFECT

**Organic traffic
source**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads with us and hit your growth plan in a month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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