

PUBLIC REPORT BY PROMTPRESS

Channel audit

Doctor's Notes



@doctors_memoirs

Author channel bridging medicine and humanity. Contact author:
@jenny_boya Ad agency: @TgPodbor_bot <https://gosuslugi.ru/snet/67a380cad130259d5a12ef6>

SUBSCRIBERS

31 094

-308 per month

ERR (% SEE POSTS)

9.0%

in 24 hrs **4.2%**

REACH/POST

1.9K

ad reach **1.3K**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 31 094 —	 SUBS REACH 6.01% avg % subs see post	 VIEWS/POST 1.9K median 1.9K · 8 days	 POSTS/WEEK 2.4 over period
 7D TREND — no data for period	 REACTIONS/POST 58.7 total 176 reactions, 22 reposts, 0 comments	 POST LENGTH 899 chars median 1000 · 8 days	 POSTS ANALYZED 3 8 days
 AD REACH 1.3K 24h avg	 CHURN / MONTH -308 over last month	 CITATION RATE 422 citation index · 1,202 channels mentioned all time	 CHANNEL AGE 10 years 18 days created 01.07.2016

AI EDITOR SUMMARY

Channel «Doctor's Notes» — 31 094 subs. Each post averages 1.9K people (6% of subs), reach is low — consider expanding audience. Publishes 2 posts per week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and outsiders – to see what to repeat and what to drop from rotation.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 3 posts in 8 days.
- 02 Dominant format – Photo (2/3 of posts).
- 03 Avg post length – 899 chars (median 1000).
- 04 Peak audience activity – Thursday, 22:00 MSK.
- 05 Top posts get 1x more views than the weakest (1.9K avg for top vs 1.9K for worst) – among 3 posts in 8 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 3 POSTS

Nº1 09.07 · 19:24 PHOTO It's tough for psychotherapists to post. Not only have we been building group dynamics for two years...	VIEWS 2 807 REPOSTS 4	REACTIONS 104 ER 9.0%
Nº2 13.07 · 14:02 TEXT Wildberries and the Association of Dietary Supplement Producers signed a cooperation memorandum. Together they will develop control mechanisms...	VIEWS 1 927 REPOSTS 12	REACTIONS 38 ER 6.2%
Nº3 18.07 · 10:57 PHOTO It's commonly thought that the starting point of psychotherapeutic treatment is when the patient first sits in the chair opposite the therapist. But...	VIEWS 873 REPOSTS 6	REACTIONS 34 ER 2.8%

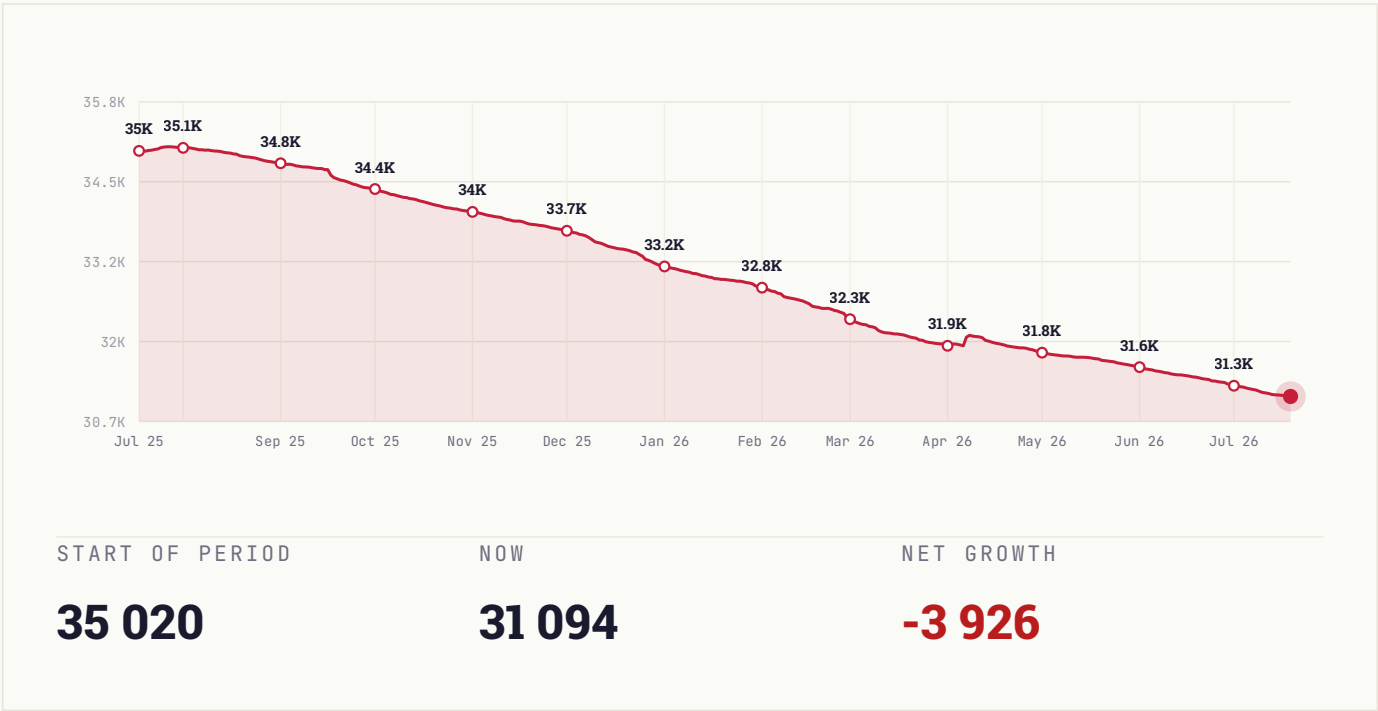
WORST 3

↓ 09.07 · 19:24 PHOTO It's tough for psychotherapists to post. Not only have we been building group dynamics for two years...	VIEWS 2 807 REPOSTS 4	REACTIONS 104 ER 9.0%
↓ 13.07 · 14:02 TEXT Wildberries and the Association of Dietary Supplement Producers signed a cooperation memorandum. Together they will develop control mechanisms...	VIEWS 1 927 REPOSTS 12	REACTIONS 38 ER 6.2%
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

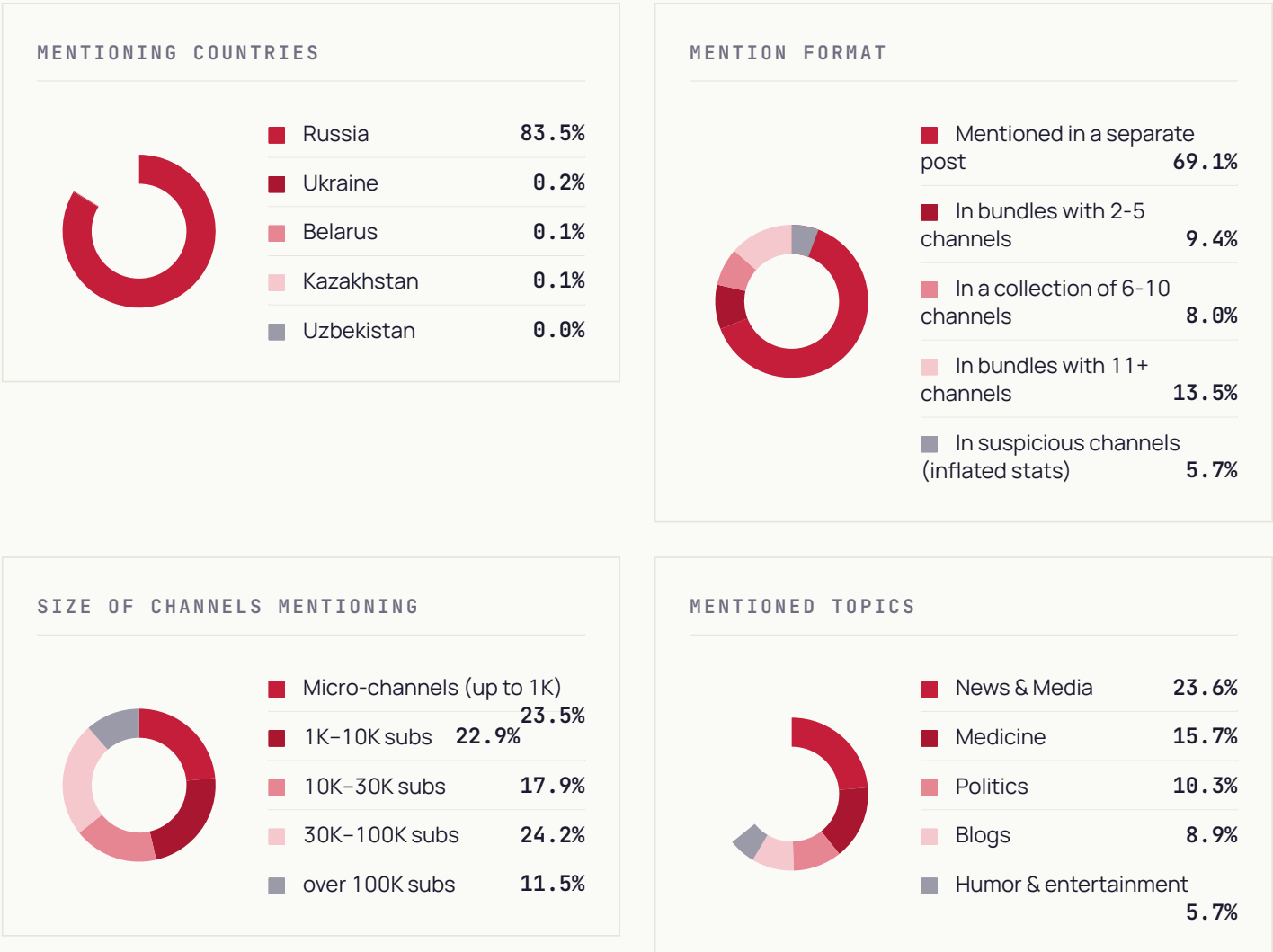
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

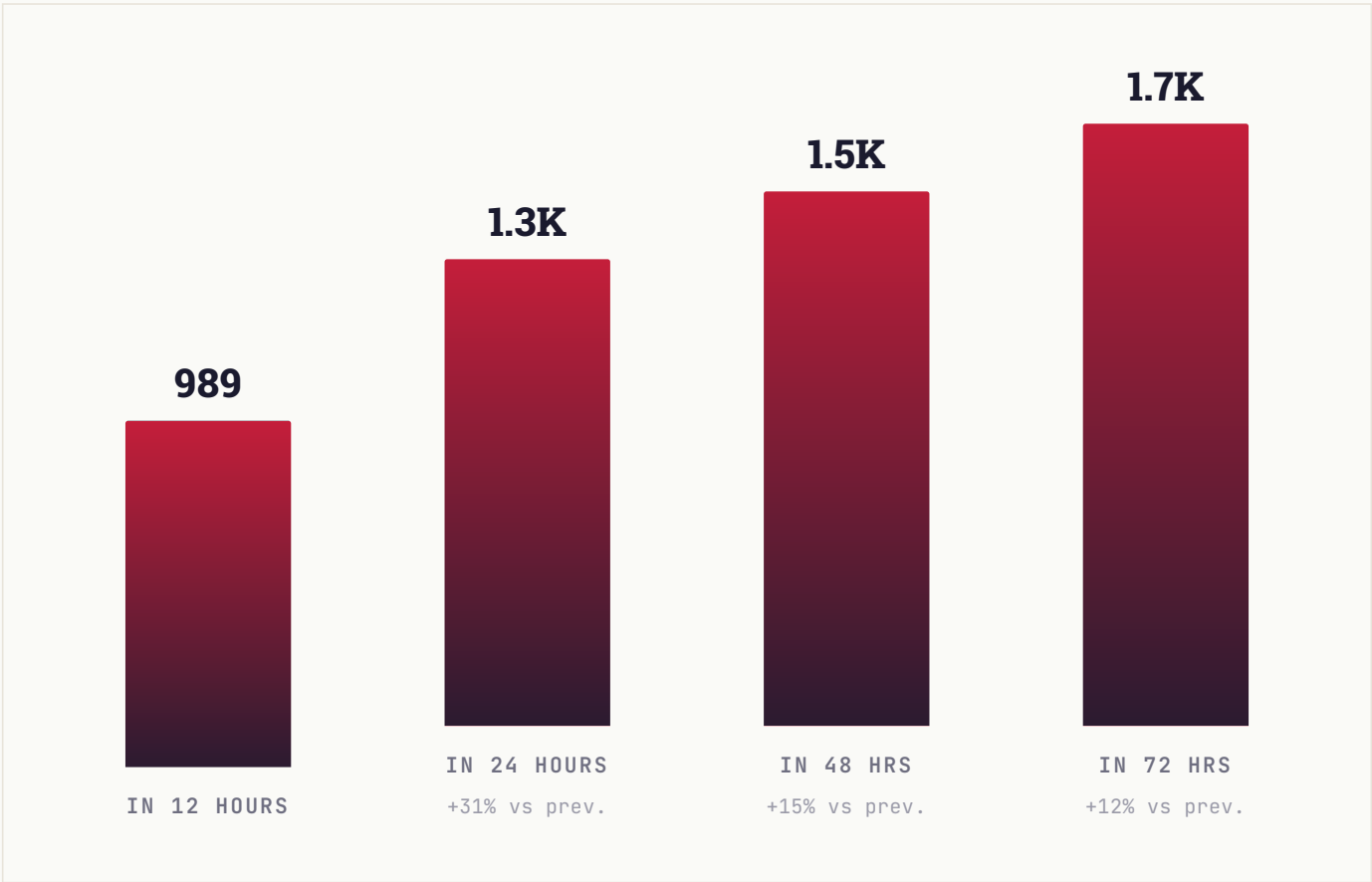
Citation index **422** — channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time channel mentions: **1 202** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps gauge how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL		SUBSCRIBERS
DT	Dr Tel	755.5K
BI	Blog from the morgue	354.1K
تا	تعليم اللغة الإنجليزية👩🏫	328.2K
🩺	الجراحة🩺 Surgery🔪 - Crypto currency	318.4K
EM	Endocrinologist Magerya	292.5K
EP	EXPERIENCED PHARMACIST	264.6K
AP	APTEKA_TV	241.5K
MM	Moscow Medicine	237.8K
🌿F	🌿Folk Medicine🌿	235.1K
Tue	ZdravKontrol	222.2K
Mon	Doctor's Notes	31.1K

COMPARATIVE INSIGHT

Channel is still outside niche top 97 — early growth stage. Niche leader — Dr Tel (755.5K), top-97 median: 103.2K. First goal: break into top-97 through systematic traffic & content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

We track posts in other channels that mention yours monthly. Over the last **6 months** such mentions were **2**, they brought **15** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	0	
December 2025	0	0	0	
November 2025	1	1	0	
October 2025	0	0	0	
September 2025	1	1	3	
August 2025	0	0	12	
TOTAL MENTIONS		MONTHS OF DATA		ATTRACTED SUBSCRIBERS
2		6		15

SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in «Medicine» (Russia) and compared your channel. Gray band = range where 80% of niche channels fall (p10 to p90). Black vertical = median. Red dot = your channel.



— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Currently 2.4 posts/week. Active channels average 7-10. Consistency is key to retention. | EFFECT
Consistency beats volume |
| 02 | Best post day — Thursday
Audience is most active on this day and at 22:00 MSK. | EFFECT
Best window for an important post |
| 03 | Increase share of video posts
Video in Telegram retains audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%. | EFFECT
Video retains audience better |
| 04 | 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 |
| 05 | Test polls & interactive formats
Posts with polls/reactions usually boost ER by +5-15%. One poll per week on a hot topic — easy growth lever. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes from public data.
Want to go further — run ads through 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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