

PROMTPRESS PUBLIC REPORT

Channel audit

Doctor Epifanov | Neurologist | All about the spine



@epifanovnews

Neurologist Epifanov Anton Vyacheslavovich's channel Main here
<https://taplink.cc/doktorepifanov> Clinic site <https://epifanov.clinic/>
Site doktorepifanov.ru Training <https://epifanov.online/> VK ...

SUBS	ERR (% SEE POSTS)	REACH/POST
48 959	16.0%	8.1K
25.06.2026 +250 per month	daily 7.5%	ad reach 3.7K/24h
HTTPS://PROMTPRESS.COM/AUDIT/EPIFANOVNEWS		

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SECTION 01 · CHANNEL SNAPSHOT

Channel key metrics

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

 SUBS 48 959 —	 SUBSCRIBER REACH 16.59% avg % subs see post	 VIEWS/POST 8.1K median 8.5K · 26 days	 POSTS/WEEK 5.6 for the period
 7D TREND -12.7% vs previous week	 REACTIONS/POST 117.0 total 2,456 reactions, 762 reposts, 358 comments	 POST LENGTH 619 chars median 608 · 26 days	 POSTS ANALYZED 21 26 days
 AD REACH 3.7K 24h avg	 CHURN / MONTH +250 last month	 CITATIONS 13 citation index · 140 channels mentioned ever	 CHANNEL AGE 5 years 15 days created 10.06.2021

AI EDITOR SUMMARY

Channel «Doctor Epifanov | Neurologist | All about the spine» – 48 959 subs. Each post averages 8.1K people (17% of subs), this is average reach – room to grow. Publishes 6 posts per week (~1/day) – rare publications. For week Jun 8–14, reach dropped -12.7% to week 1–7 Jun – worth analyzing reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement & outliers – to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 21 posts in 26 days.
- 02 Dominant format – Photo (11/21 posts).
- 03 Avg post length – 619 chars (median 608).
- 04 Peak audience activity – Thursday, 12:00 MSK.
- 05 Top posts get 1x more views than the weakest (10.4K avg for top vs 6.9K for bottom) – among 21 posts in 26 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

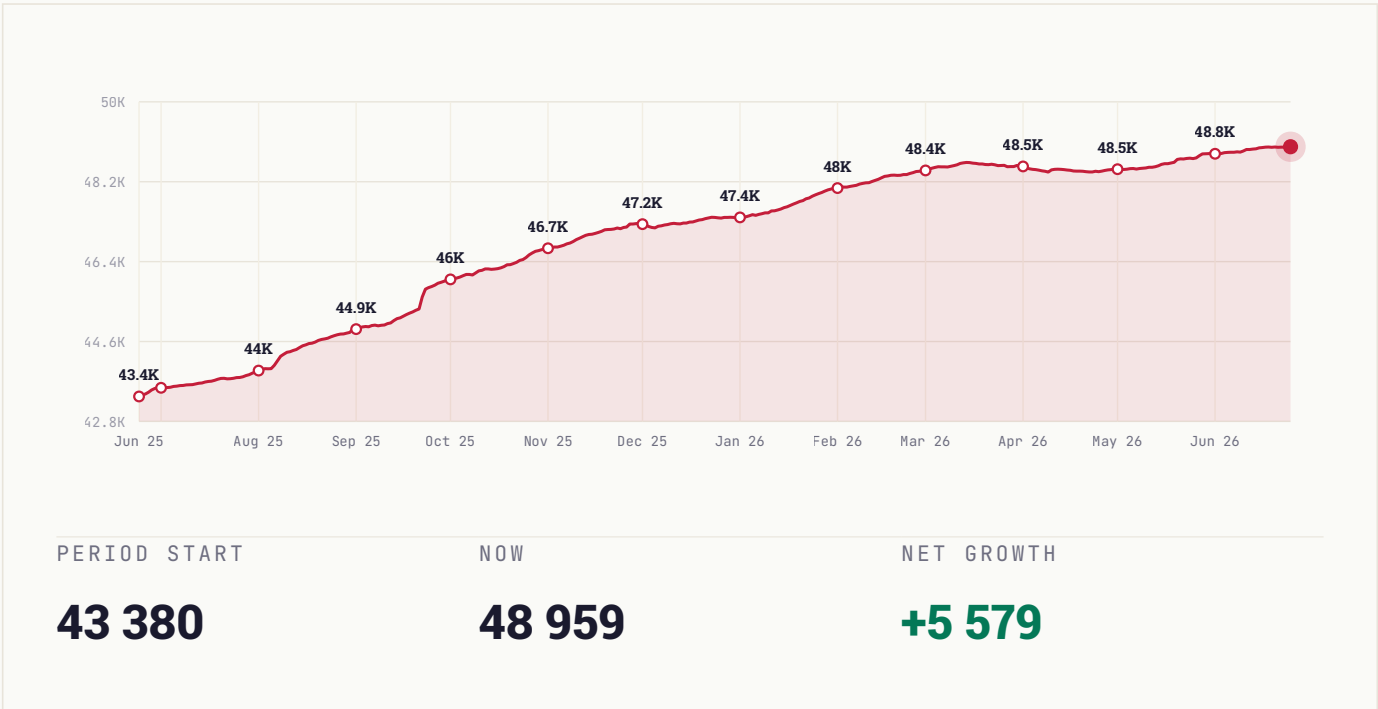
Nº1 04.06 · 09:41 VIDEO On illusions of improving posture without training. As a biomechanics specialist, I'll tell you something important, just don't take offense. Poor...	VIEWS 10 518 REPOSTS 111	REACTIONS 345 ER 21.5%
Nº2 29.05 · 12:12 VIDEO KMH hits: literature, shocking analyses & practical lessons. →Get free access to the best collection of extra materials...	VIEWS 10 320 REPOSTS 26	REACTIONS 124 ER 21.1%
Nº3 12.06 · 10:51 VIDEO Which joints are better not to replace?☹️	VIEWS 10 251 REPOSTS 97	REACTIONS 279 ER 20.9%

Nº4 27.05 • 12:02 TEXT Tomorrow 28.05 we will hold another Q&A with the doctor. The topic will be back pain and intervertebral hernias. It will last from...	VIEWS 10 087 REPOSTS 7 REACTIONS 66 ER 20.6%
Nº5 12.06 • 07:35 PHOTO A selection of therapeutic exercises for grade 1 coxarthrosis. Strengthening muscles around the affected hip joint directly affects...	VIEWS 9 913 REPOSTS 173 REACTIONS 180 ER 20.2%
WORST 3	
↓ 09.06 • 13:28 PHOTO All my wonderful doctors are with me. We have patients from Germany, Australia, Mexico, Italy, Norway and France. Clinic phone in Moscow...	VIEWS 7 289 REPOSTS 11 REACTIONS 101 ER 14.9%
↓ 19.06 • 08:09 PHOTO Friends, June 24, 25 and 26 I will be seeing patients in Moscow (23 Gamalei St., bldg 1, Dr. Epifanov Clinic). Appointments open: ☎ +7 495 085 68...	VIEWS 6 756 REPOSTS 23 REACTIONS 57 ER 13.8%
↓ 10.06 • 11:26 TEXT Tomorrow 11.06 we will hold another Q&A with the doctor. The topic will be back pain and intervertebral hernias. It will last from...	VIEWS 6 713 REPOSTS 10 REACTIONS 66 ER 13.7%

SECTION 03 · SUB DYNAMICS

How the channel grew over the year

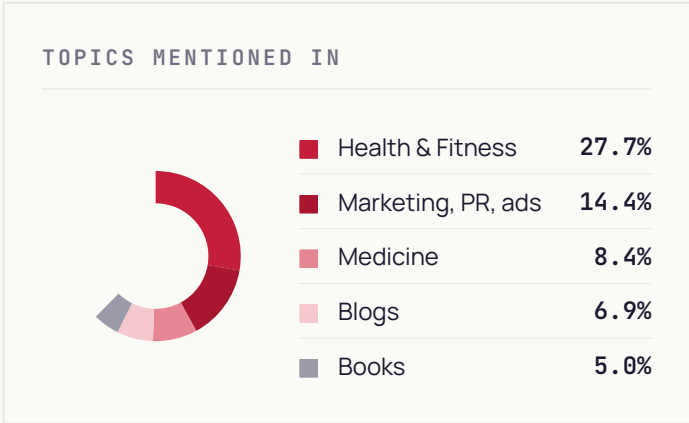
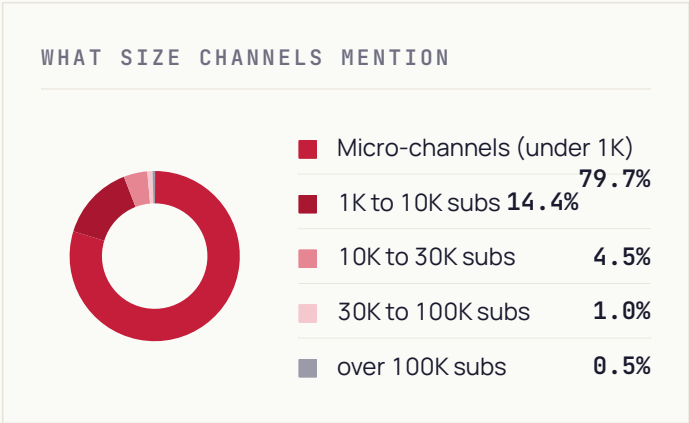
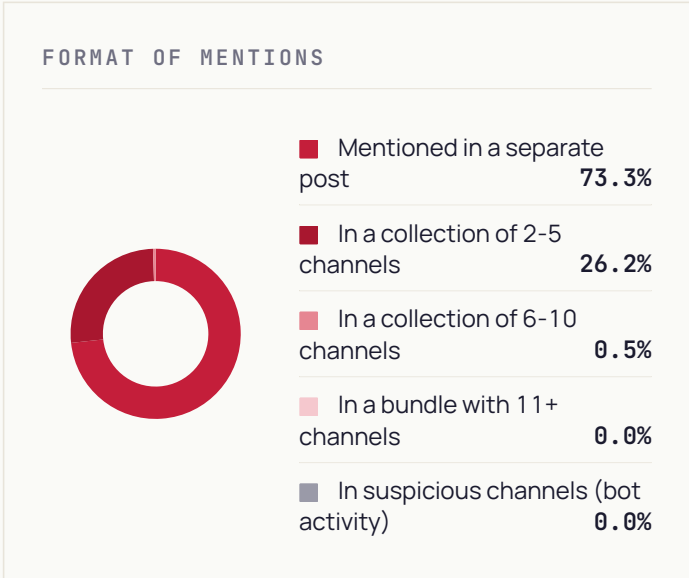
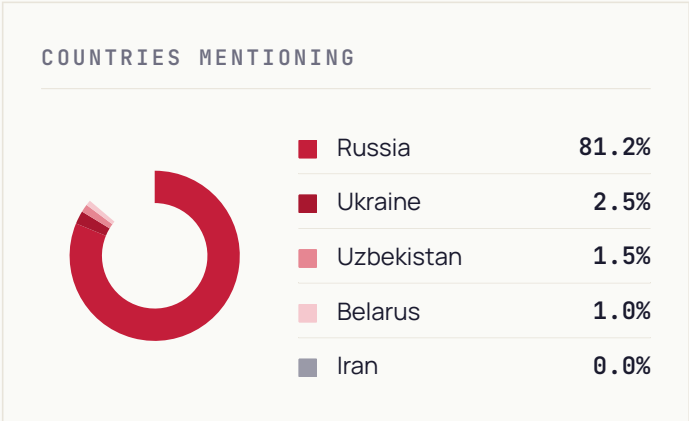
Subscriber growth chart for the year. Key months show exact subscriber count. See which months the channel gained and lost subs.



SECTION 04 · CITATIONS

Who mentions the channel and how

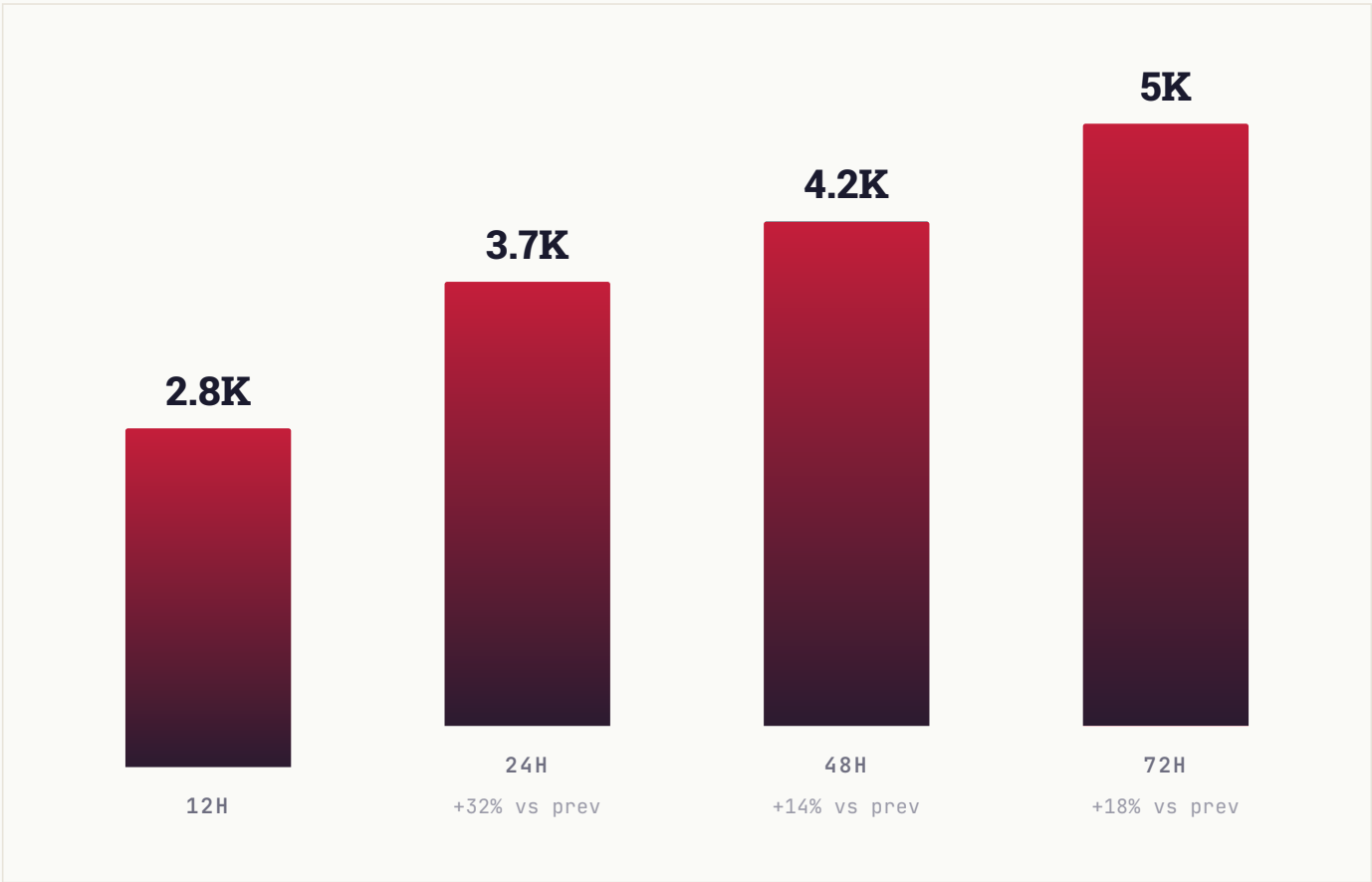
Citation index **13** – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: **140** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long 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	SUBS
BI Blog from the Morgue	359.3K
EM Endocrinologist Magerya	293.9K
OF EXPERIENCED PHARMACIST	267K
MM Moscow Medicine	238.8K
ZH HealthControl	223.6K
KD Dr. Shishonin's Channel	215.4K
AT Anatomical Theater	201.6K
MR Mikerina. Giving birth? Call the midwife!	192.6K
DM DOCTOR MYASNIKOV	182.8K
ZS Notes of a forensic expert	171.5K
DE Doctor Epifanov Neurologist All about the spine	49K

COMPARATIVE CONCLUSION

Channel in bottom half of niche top-100 (#81 of 96). Niche median — 70.8K subs.
First growth KPI — reach median. Leader: Blog from the Morgue (359.3K).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **17**, they brought **4 017** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
December 2025	1	1	270
November 2025	5	4	584
October 2025	5	3	713
September 2025	1	1	1 123
August 2025	5	4	960
July 2025	0	0	367

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
17	6	4 017

SECTION 08 · NICHE COMPARISON

Where the channel ranks in its league

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

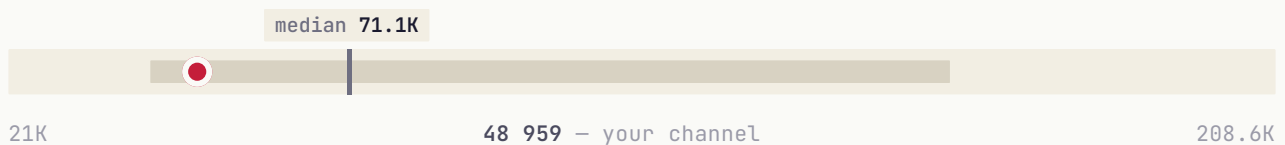
#81/100

POSITION IN NICHE

Channel in the bottom half of the ranking

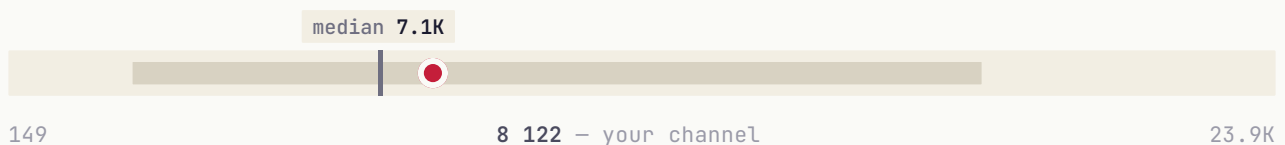
SUBS

worse than median by 31%



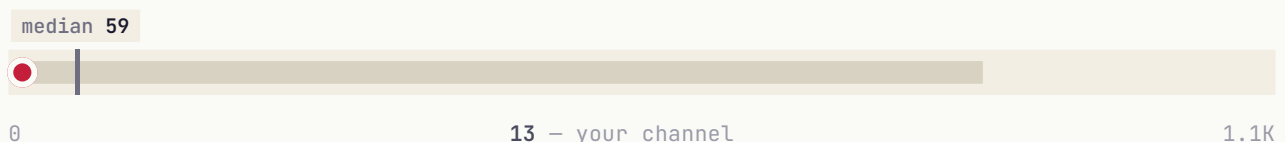
AVG REACH / POST

better than 53% of niche



CITATION INDEX

worse than median by 78%



— SECTION 09 • STRATEGY

What to do right now

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

- 01

Main post of the week — on Thursday
On this day at 12:00 MSK audience is most active.

EFFECT
Best time for important post
- 02

Systematic traffic buying
Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress 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 weekly poll on a hot topic — easy growth lever.

EFFECT
+5-15% ER
- 04

Cross-promo with similar channels
Swap posts 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 — it's 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 from public data. Want to go further? Run ads with us and hit your growth plan in a month.

01

**Launch ads in
Telegram**

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

02

Contact manager

t.me/PromptPress_manager