

PUBLIC REPORT BY PROMTPRESS

Channel audit

Useful notes from Dr. Goleva



@zametkidoctora

Elena Goleva, PhD, neurologist-osteopath, resuscitator, preventive medicine specialist 22 years of practice Reviews https://t.me/goleva_otzivi info@golevacourses.ru Registration in...

SUBSCRIBERS

44 827

+616 per month

ERR (% SEE POSTS)

8.0%

daily 3.7%

REACH/POST

3.4K

ad reach 1.6K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Channel KPIs

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

 SUBSCRIBERS 44 827 —	 SUBSCRIBER REACH 7.63% avg % subs see post	 VIEWS/POST 3.4K median 3.5K · 29 days	 POSTS/WEEK 24.9 over period
 7D TREND +16.0% vs prev week	 REACTIONS/POST 39.4 total 4,102 reactions, 1,871 reposts, 786 comments	 POST LENGTH 522 chars median 442 · 29 days	 POSTS ANALYZED 104 29 days
 AD REACH 1.6K 24h avg	 CHURN / MONTH +616 last month	 CITATION RATE 4 citation index · 38 channels mentioned ever	 CHANNEL AGE 4 years 8 months created 05.10.2021

AI EDITOR SUMMARY

Channel «Useful Notes of Dr. Goleva» — 44 827 subs. Each post averages 3.4K people (8% from subs), reach is low — consider expanding audience. Publishes 25 posts per week (~4/day) — active posting. For week Jun 15–21 reach grew +16.0% vs week Jun 8–14 — positive trend.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS SHARE

- 01 Analysis based on **104** posts over 29 days.
- 02 Dominant format – **Text** (76/104 posts).
- 03 Avg post length – **522** chars (median 442).
- 04 Peak audience activity – **Wed**, 20:00 MSK.
- 05 Top posts get **2x** more views than the weakest (top avg 4.5K vs bottom 2.3K) – among 104 posts in 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 21.06 · 10:36 TEXT How to take iodine if you already have AIT? And how the thyroid and adrenal function are connected. About this right now...	VIEWS 4 579 REPOSTS 5	REACTIONS 32 ER 10.2%
Nº2 03.06 · 17:34 TEXT Friends, due to active development of my project, I'm looking for assistants to join the team 🔥💖 Offer for those who love people, want to help them and...	VIEWS 4 531 REPOSTS 94	REACTIONS 114 ER 10.1%
Nº3 03.06 · 07:28 TEXT 😞 WHY YOU'RE TIRED? Part 4 Continuing on causes of fatigue, start in three previous posts. ? How to distinguish mitochondrial fatigue...	VIEWS 4 485 REPOSTS 38	REACTIONS 60 ER 10.0%

Nº4

21.06 · 10:35

VIDEO

(video post without caption)

VIEWS

4 426

REACTIONS

16

REPOSTS

7

ER

9.9%

Nº5

21.06 · 10:27

TEXT

Discussing TSH norms. At what levels do first symptoms appear, and when is a diagnosis made. Click the link below and...

VIEWS

4 282

REACTIONS

14

REPOSTS

2

ER

9.6%

WORST 3

↓

29.06 · 08:01

TEXT

A foundation I've been helping for years keeps growing 🙏
Anyone doubting honesty & transparency Can read this...

VIEWS

2 369

REACTIONS

24

REPOSTS

3

ER

5.3%

↓

28.06 · 08:47

VIDEO

(video post without caption)

VIEWS

2 368

REACTIONS

1

REPOSTS

6

ER

5.3%

↓

29.06 · 10:20

TEXT

CAN VEGETARIANS USE YOUR SCHEMES? ✅ Explained in audio not only supplement specifics for vegetarians but also the need for supplements...

VIEWS

2 198

REACTIONS

28

REPOSTS

14

ER

4.9%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

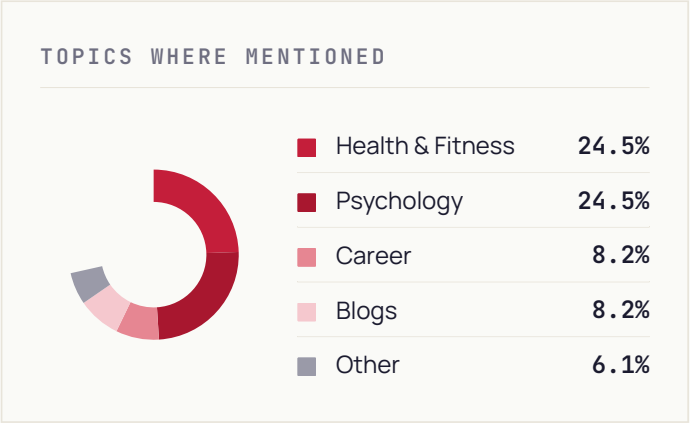
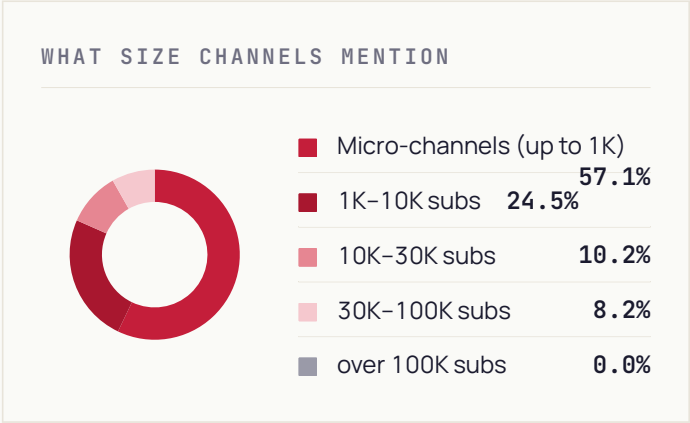
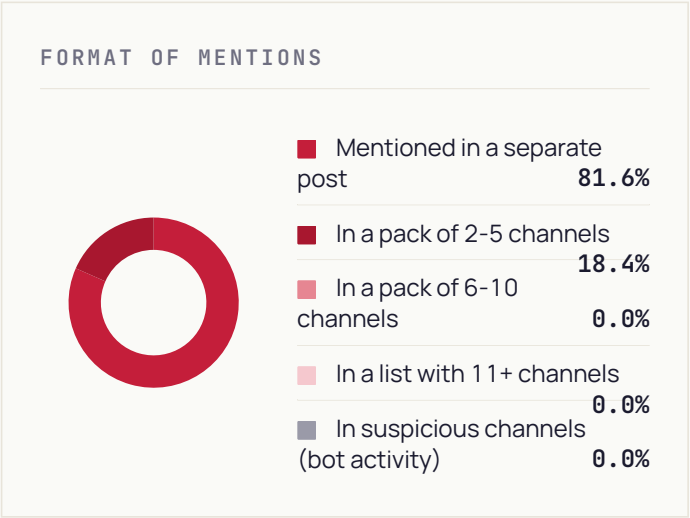
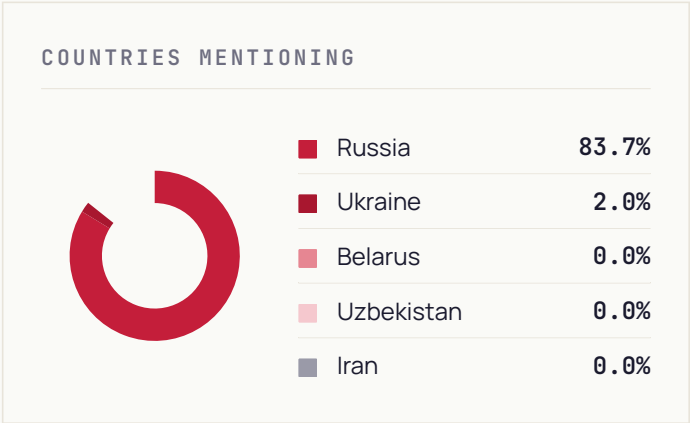
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel grew and which months subscribers left.



SECTION 04 · MENTIONS

Who mentions the channel & how

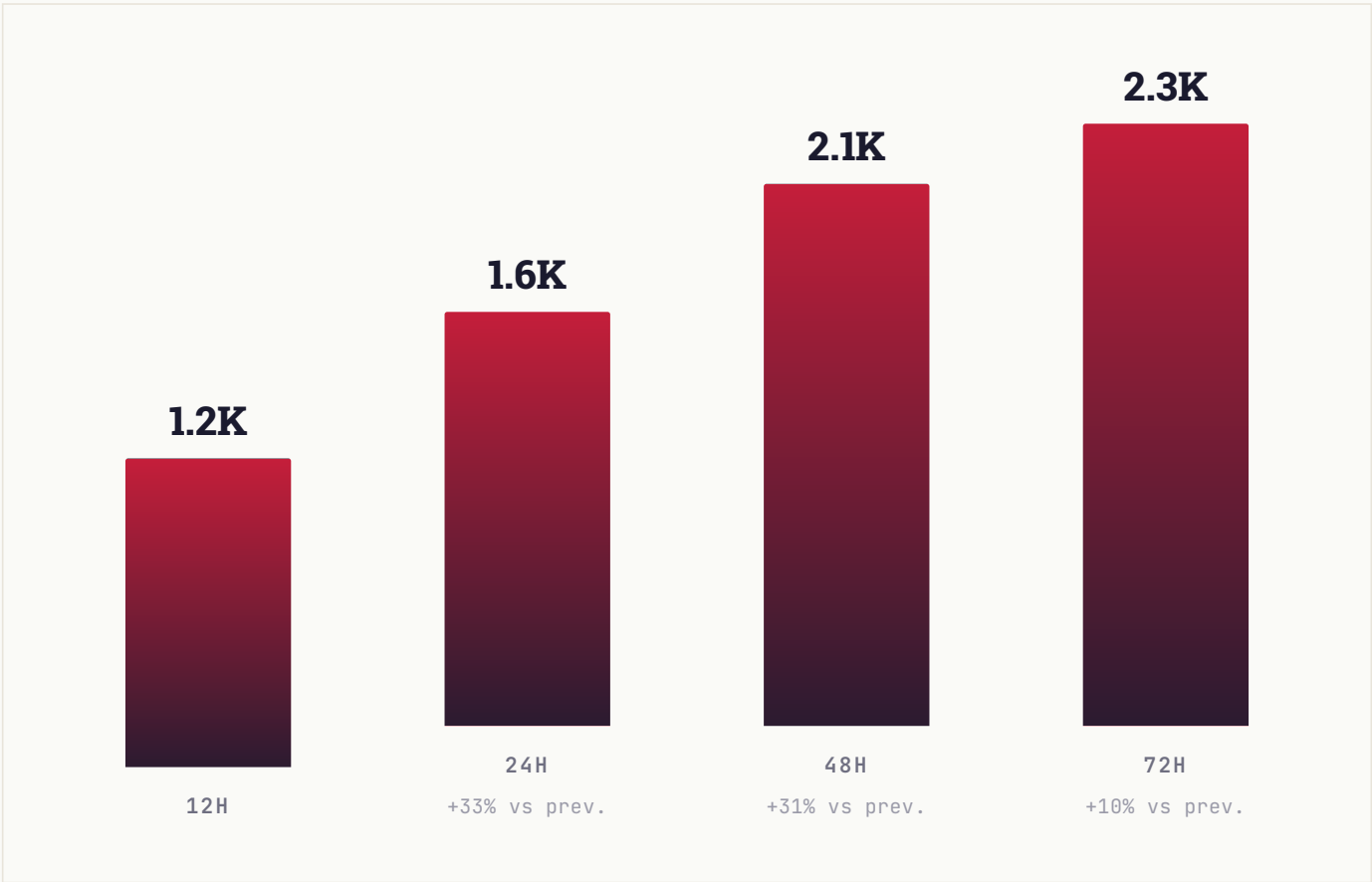
Citation index 4 – channel popularity rating based on mentions. Considers not only count but also weight of mentioners: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: 38 different channels.



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 & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
BI Blog from the Morgue	357.1K
EM Endocrinologist Magerya	293.3K
EP EXPERIENCED PHARMACIST	266K
MM Moscow Medicine	241.1K
Health HealthControl	223.2K
KD Dr. Shishonin's channel	214.9K
AT Anatomical Theater	201.1K
MR Mikerina. Giving birth? Call a midwife!	192.2K
DM DOCTOR MYASNIKOV	182.4K
Lifestyle Notes of a Forensic Expert	171.1K
PZ Useful notes from Dr. Goleva	44.8K

COMPARATIVE INSIGHT

Channel in bottom half of top-100 niche (#86 of 96). Niche median — 68.5K subs. First growth KPI — reach median. Leader: Blog from the Morgue (357.1K).

SECTION 07 · MENTION TRENDS

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 **6**, they brought **8 087** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
Jan 2026	3	2	908
December 2025	0	0	1 033
November 2025	0	0	1 629
October 2025	2	1	1 528
September 2025	0	0	1 154
August 2025	1	1	1 835

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
6	6	8 087

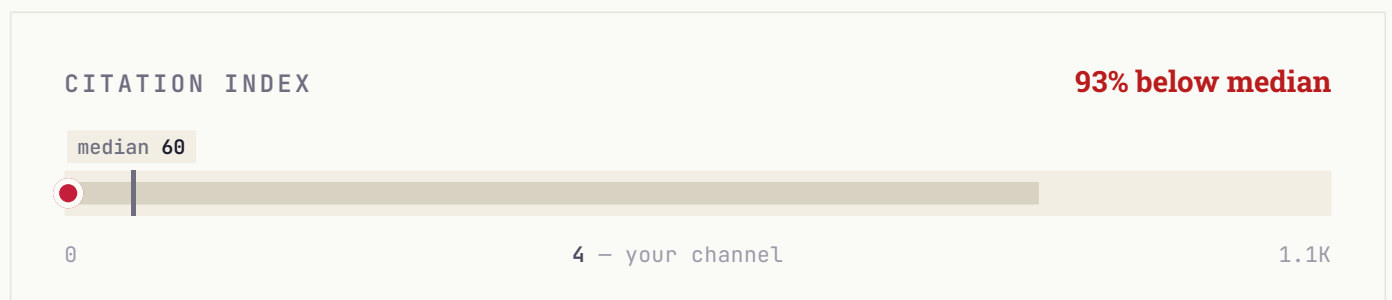
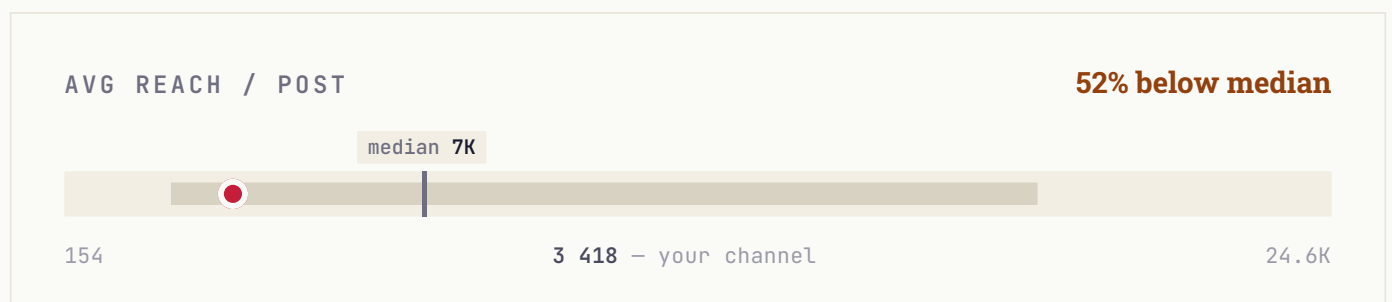
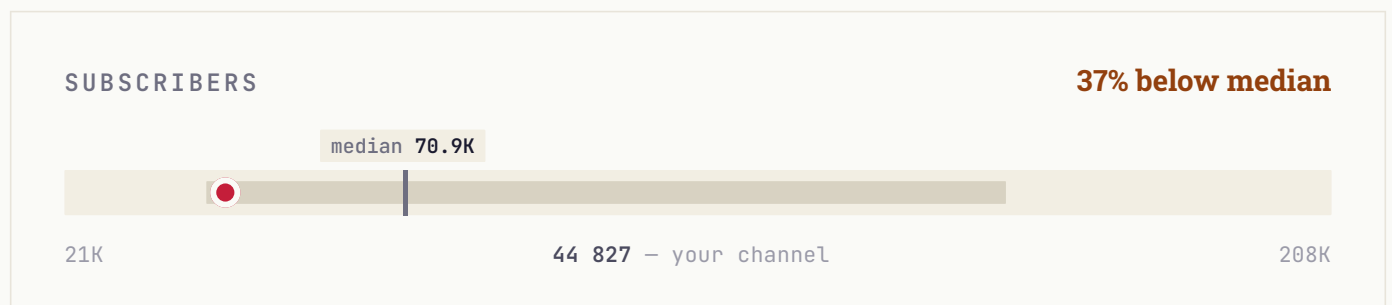
SECTION 08 • NICHE COMPARISON

Where the channel stands in its league

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

#86/100

POSITION IN NICHE
Channel in the bottom half of the ranking



— 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

Top post of the week — on Wednesday

Audience is most active on this day at 20:00 MSK.

EFFECT

**Best time for
an important
post**

02

Increase video post share

Video in Telegram holds audience longer and is better perceived by the algorithm. We recommend increasing share to 15-25%.

EFFECT

**Video retains
audience
better**

03

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**

04

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

05

Cross-promo with similar channels

Exchange posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ 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 through 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
